

**NEW !**

**At the Tibor Varga Academy**

**Free Yoga lesson 3 times a week**

**For the Academy teachers and students**

**The Jesuites Church – Tuesday and Thursday 8:00 – 9:15**

**Outdoors at Les Iles – Saturday 10:00 – 11:30**

**With the instructor Stéphanie Fellay**



*We receive what we give*

*We give what allows us to receive*

*Give freely*

*Receive with pleasure*

*Let the eternal dance of life pass through you with strength and joy*

Stéphanie Fellay aims to offer a course of quality and to be responsive to your needs, everyone will find a place where they can receive all the attention that they deserve.

The focus is on aligning, the body as well as the intention; on breathing, very important for musicians and on what sustains life, creativity, freedom. Please refer to the biography on the following page :

# BIOGRAPHY



Registered Yoga Teacher, registered pre-natal Yoga Teacher. Has been teaching since 2003, mainly at Yogaom, Sion.

It was in Mexico that I discovered yoga in 1998 and then learnt more thoroughly through the teachings of numerous teachers, but specifically Ann Moxey, Bindu de la Parra, Lois Nesbitt, Laila Kuri as well as John Friend, Noah Maze, Christina Sell, Elena Brower and all the team at Yogaglo.com, who beguiled me with their precision and their knowledge.

Nutritional therapist, medicinal plants, Bach flowers remedies, pregnancy massage and shantala massage for babies at the EMTA school.

I have always loved the therapeutic aspect of yoga which has enhanced my body and my mind. In my classes, the intention is to closely link the mat exercises with a change of attitude in everyday life. It is not simply a physical nor a spiritual activity, but an awareness of all the aspects which make us what we are and enables us to expand our possibilities.