



7TH - 19TH JUNE 2021

Europe Youth Yoga

**Join the youth of the
world in celebrating
unity and well being**

**TEN LANGUAGES
ELEVEN COUNTRIES
TWELVE DAYS OF YOGA**



YOGA
for Unity and Well-being



Welcome!

THE EUROPE YOUTH YOGA
TEAM IS PLEASED TO
PRESENT A PROGRAM

for youth, by youth

Following the **YOGA** theme of
Yoga for unity and well-being, these
sessions exemplify the remarkable results
that come from cross-border and cross-
generational cooperation.

The first session will be held on the 7th of
June on youtube.com/yoga4unity and new
ones will be streamed everyday for twelve
days until the 19th of June. Sunday, the
13th, will be a rest day and there will be no
Yoga session.



The program will contain the following sessions:

- A Chair Yoga practice focusing on the solar plexus
- Yin Yoga
- Vinyasa flow: go inward to open your heart
- Yoga for Sports - Horse Riders
- Restorative yoga, candle-lit
- Flowing with the heart
- Lunar Yoga
- Vinyasan, liberating Yoga
- Morning Yoga
- Practice to enhance immunity
- Slow Vinyasa
- Beginner's Yoga

Each session is conducted by a Yoga teacher from a different country and facilitated by a Heartfulness youth from that country. You will find details of the session's language below.

All sessions are free of cost and can be followed on youtube.com/yoga4unity.

We invite participants to register at hfn.link/yoga4unity.





CLAIR YATES - ENGLISH | UK

A Chair Yoga practice focusing on the solar plexus

Clair has over 10 years of teaching experience and is a YAP Senior Yoga Teacher and BWY Foundation Course Tutor. She also teaches Chair Yoga, Mat Yoga, and Yoga for menopause.



THAIS MANTOVANI - PORTUGUESE | PORTUGAL

Yin Yoga

Thais studied Holistic Sciences at Schumacher College (UK). She has also trained in Regeneration which she now unites with her Hatha and Yin Yoga practices.



ROSA CATALONA - SWISS-GERMAN | SWITZERLAND

Vinyasa Flow : go inward to open your heart

Rosa began her Yoga journey in 2006 in Mumbai and is now RYT-700 certified. She gives Hatha, Vinyasa, and Kundalini Yoga sessions at the Yogastudio Luzern.



ALESSANDRA VEGLIA - ITALIAN | ITALY

Yoga for Sports - Horse Riders

Ali is a competitive dressage rider and a certified 200 HR Yoga Teacher in Siddhi Yoga International from Rishikesh, India.



MARCELLA ANNA BREBAUM - GERMAN | GERMANY

Restorative Yoga, Candle-lit

Marcella has over 10 years of experience in holistic life-design. She is a relationship coach for modern couples and a Vinyasa and Yin Yoga teacher.



SUSANNA DE LA FUENTE - SPANISH | SPAIN

Flowing with the Heart

With a background in dance, circus, and gymnastics, Susanna has her own style called "Instinct Yoga." She has also trained in Hatha, Vinyasa, Ashtanga, Yoni Yoga, and Yoga and Mindfulness for Children.



SANDRA WILSON - DUTCH | NETHERLANDS

Lunar Yoga

Sandra is a 500 HR qualified Yoga Teacher with over 12 years of teaching experience, specialising in Women's Health and Lunar Cycles.



IVANA BATEV - MACEDONIAN | NORTH MACEDONIA

Vinyasan, Liberating Yoga

Ivana Batev is a RYT certified yoga teacher in both Ashtanga Vinyasa and Level 1 Kundalini Yoga. She has been teaching workshops for the past 4 years.



GHISLAINE FRANCÈS - FRENCH | FRANCE
Morning Yoga

Ghislaine is a qualified 40HR Prenatal Vinyasa Yoga and 200HR Yoga Teacher. She has her own studio called My Sunny Yoga and also has training in Alignment, Hatha, Senior and Vinyasa Yoga.



DIAE BENTALEB - ARABIC | MOROCCO
Practice to Enhance Immunity

Diae is an artist, choir singer, Heartfulness trainer and Yoga teacher. She is also a financial director and manager of professional development centres.



FABIANA MIZZONI - ENGLISH | IRELAND
Slow Vinyasa

Fabiana is trained in Child Yoga, Trauma Sensitive, Hatha, Restorative, Yin and Ashtanga Yoga. Her classes are trauma-informed and incorporate themes of mental wellness, radical self-acceptance and body-neutrality.



SANDRINE DOAT - FRENCH | BELGIUM
Beginner's Yoga

Sandrine is a 500HR qualified Yoga Teacher with a Master's degree in Public Relations. She is also the creator and owner of the Rose Dt jewellery brand.

GENERAL SCHEDULE

8 AM CET | 11:30 AM IST | 7 AM BST

DATE	TRAINER	CLASS DESCRIPTION	LANGUAGE
7th June	Clair	A Chair Yoga practice focusing on the solar plexus	English
8th June	Thais	Yin Yoga	Portuguese
9th June	Rosa	Vinyasa Flow: go inward to open your heart	Swiss-German
10th June	Alessandra	Yoga for Sports - Horse Riders	Italian
11th June	Marcella	Restorative Yoga, Candle-lit	German
12th June	Susanna	Flowing with the Heart	Spanish
14th June	Sandra	Lunar Yoga	Dutch
15th June	Ivana	Vinyasan, Liberating Yoga	Macedonian
16th June	Ghislaine	Morning Yoga	French
17th June	Diae	Practice to Enhance Immunity	Arabic
18th June	Fabiana	Slow Vinyasa	English
19th June	Sandrine	Beginner's Yoga	French



REGISTER: hfn.link/yoga4unity
JOIN US: youtube.com/yoga4unity