

Deepening Program



During this 10 Day deepening program we will focus on more complex breathing techniques, Acu- yoga and go through the different steps of the sun salutation. As in the 21 Day program, we will schedule a deepening Qi- Yoga practice adjusted to your bodies needs and progress. Before the end of the 10 Day program, we will have a follow-up session to re-evaluate the deepening practice. [Investment for this program is 85 euro.](#)