

# GIFT CARD

Samasthiyoga is a nice blend of dynamic Yoga, Qi Gong and restorative Yinyoga.

Samasthiti means "Equal standing".

We focus on the art of aligning all the poses from Samasthiti, working on external dynamic physical alignment to create a more subtle internal alignment of mind and soul. Samasthiyoga is for everyone!

To invite equilibrium to yourself for better health and wellbeing.

value: \_\_\_\_\_

valid until: \_\_\_\_\_

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