

HEALING YOGA SESSIONS



www.geeta-yoga.com

Movement ● Breathwork ● Sound healing ● Meditation

We are all just walking each other home

INVITATION TO SLOW DOWN, SOFTEN, AND TURN INWARD.



THESE SESSIONS ARE IDEAL FOR THOSE WHO:

- Seek depth beyond purely physical yoga
- Live busy, high-demand lives and need true restoration
- Value quality, authenticity, and personal attention

Every session is tailored to your needs, energy, and intention, whether practiced privately or in a small, intimate group.

Each session (approx. 90 minutes) may include:

- Gentle warm-up & grounding
- Conscious asana practice
- Pranayama (breathwork)
- Guided meditation or Yoga Nidra
- Sound healing & deep relaxation

Sessions take place in a boutique studio in the heart of Düsseldorf, offering a serene, intimate, and refined environment.

Rooted in authentic yogic traditions and refined for modern life, each session is a carefully curated journey that works on the body, nervous system, and subtle energetic layers. Through conscious movement, breath, sound, and stillness, space is created for deep rest, clarity, and reconnection with your inner balance.



A B O U T D A N I E L L E

◆

Yoga, for me, is a lifelong journey inward.

I am a certified 500-hour yoga teacher, trained in traditional ashrams in Kerala and Maharashtra, India, with a foundation in authentic Hatha Yoga,

My training includes philosophy, anatomy, breathwork, meditation, chakra work, soundhealing etc.



I CREATE SPACES WHERE YOU CAN FEEL SAFE AND FREE TO SIMPLY BE. ◆

With over 9 years of personal practice and teaching experience, I return to India every year to deepen my sādhanā and reconnect with the roots of the tradition – then share its essence in a way that is accessible and grounding for modern life.

Before fully dedicating myself to yoga, I spent many years in the corporate world, living and working across Europe, Russia, Central America, and the United States.

This path has given me a deep understanding of stress, pressure, and the challenges of modern living – and informs the empathy and presence I bring into every session.

MY WORK IS GENTLE, INTUITIVE, AND DEEPLY RESPECTFUL OF EACH PERSON'S INDIVIDUAL PROCESS. ◆



ENERGY EXCHANGE & LOCATION



All sessions are private or semi-private and fully personalized.

1 person – 108 €
2 people – 118 €
3 people – 128 €
4 people – 138 €

Hot herbal tea, yoga mats, and all props are provided.

THE DIVINE SPACE

A quiet sanctuary in the heart of the city – Divine Space, by name and by nature.

Sessions take place in a cozy, authentic studio near Düsseldorf's main railway station.

The space is softly and beautifully lit, with a magical atmosphere – candles, cushions, and sacred details create a sense of calm and presence.

It features a unique setup, fully equipped for sound-healing sessions and thoughtfully designed to support deep personal transformation.

Private sessions at your home are available upon request (within Düsseldorf & a 30 km radius).



FOR A BESPOKE, HOLISTIC EXPERIENCE FOR YOURSELF OR A LOVED ONE, REACH OUT VIA PHONE OR WHATSAPP: +49 178 6730698.