

AUTHENTIC YOGA SESSIONS

1:1 and in small group

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AN INVITATION TO EXPERIENCE YOGA IN ITS AUTHENTIC FORM



THESE SESSIONS ARE FOR THESE WHO:

- Feel overwhelmed in studio classes
- Are new to yoga and want a safe, guided start
- Already practice and seek more depth
- Want to go beyond the physical aspect of yoga
- Wish to build or refine your personal sādhanā
- Value personal guidance and attention

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

Each session (approx. 50 minutes) may include:

- Intention sankalpa setting
- Conscious asana practice
- Elements of yoga therapy
- Pranayama (breathwork)
- Guided meditation or Yoga Nidra
- Deep relaxation
- Personal adjustments (if wanted & needed)
- Aroma touch at the end

Yoga is not just movement - it is a space where you can feel safe and free to simply be.

CONNECTION: to your body, your breath and your true self.

Unlike a studio class full of strangers, this is a personal practice, guided at your pace and rooted in authentic yogic traditions.



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

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In ashrams and ancient temples in Kerala and Maharashtra, on the banks of the Ganges in Varanasi, on the misty shores of Goa and in the monasteries of the ancient kingdom of Lanka – this is where I learned and refined the practice I share.

I am part of a traditional teacher lineage, rooted in classical Hatha Yoga. For me this is a lifelong journey inward – a way of living, not just a practice.



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

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With over 9 years of personal practice and teaching experience, I return to India regularly to deepen my sādhanā and stay connected to the roots of the tradition – sharing its essence in a way that is accessible and relevant 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 life and informs the empathy and presence I bring into each practice.

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



ENERGY EXCHANGE & LOCATION



All practices are private or semi-private (your group only) and fully personalized.

1 person – 88 €
2 people – 108 €
3 people – 128 €

Herbal tea, yoga mats and all props are provided.

THE DIVINE SPACE

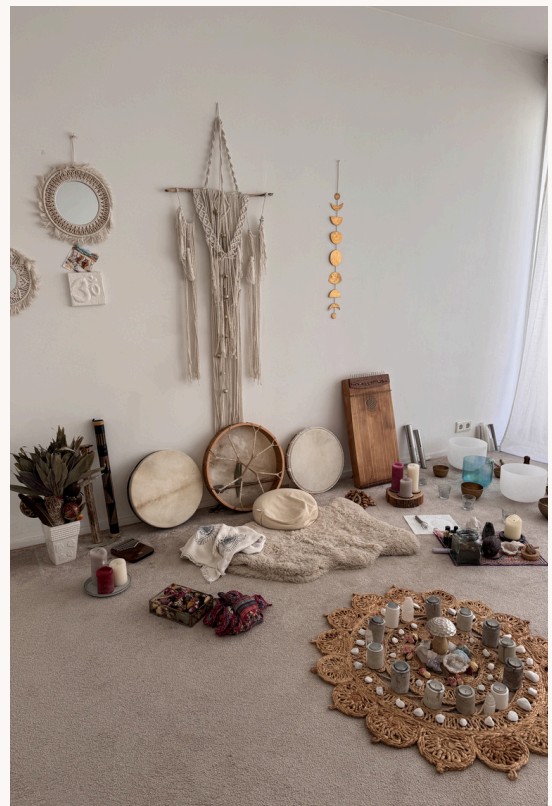
A quiet sanctuary in the heart of the city – Divine Space, by name and by nature.

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

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

It is carefully designed to support a personal, inward practice and deep relaxation.

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



BOOKING & CANCELLATION POLICY

To book your practice, you can reach out in one of the following ways:

- Instagram (DM): Instagram @danielle.gold.yoga
- Email: danielle.gold@geeta-yoga.com
- Phone / WhatsApp: +49 178 6730698

Once we have agreed on a suitable time, you will receive a payment link or the details for a direct bank transfer.

Upon completion of the payment, your booking will be confirmed, and you will receive the exact studio address along with all relevant details.

Cancellations:

You may cancel your booking up to 15 days prior to your appointment and receive a full refund.

As I reserve the studio space in advance, cancellations made less than 15 days before the session cannot be refunded.

In this case, the amount will be held as credit for a future booking, valid for three months from the date of payment.

DUE TO LIMITED AVAILABILITY, I INVITE YOU
TO GET IN TOUCH EARLY TO RESERVE YOUR
SPACE FOR A TRULY UNIQUE EXPERIENCE.

WITH LOVE,
DANIELLE