



**AUTHENTIC
NORDIC LIFESTYLE
EXPERIENCE**
SPECIAL TRIPS TO NORTHERN EUROPE



Deep Forest Yoga

EXPERIENCE REFRESHING DEEP FOREST YOGA OR RELAXATION

Feel relaxed and empowered



Finnish nature is pure and everywhere. In Finland, people are part of nature and have the qualities taught by nature; perseverant, determined, hardworking and quiet.

As Finns, we respect nature and enjoy its pure delicacies such as berries and mushrooms. We also know that being in the woods improves health: Being 10 minutes in nature already decreases the blood pressure and heart rate, lowers respiratory rate and reduces stress.

Nature provides peace and quiet, which are beloved by Finns. Perhaps because of this relationship with nature, Finns are the happiest people in the world.

This unique **Deep Forest Yoga** will bring you to the forest. And nature itself will take care of the rest.





Stretch and reinforce

Deep forest yoga combines natural re-charging and revitalizing effects on the Yoga's balancing effect. We stretch, reinforce and balance our body and mind by Hatha Yoga asanas in the forest. Finally, we relax on yoga mats in the lap of the forest.

Duration 1 -2 hours upon request.

Availability: April-October



Peace for body and mind

Deep forest relaxation washes away fatigue and brings peace to body and mind. We walk in to the heart of the forest. We make easy, gentle yet effective opening movements using trees and stones. Finally, we relax by sitting on stones or yoga mats. This is a perfect and peaceful relaxation session in nature.

Duration 1-2 hours upon request.

Availability: Around the year



Your yoga master

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CONTACT

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