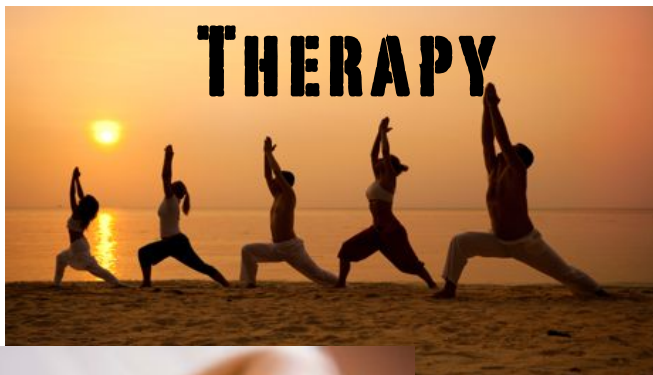


# WELCOME TO YOGA PHYSIO



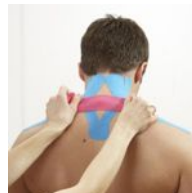
WELLNESS HEALTH FUN THERAPY SPORTS DETOX  
FITNESS REHABILITATION RELAXATION  
CONAKRY GUINÉE

## PHYSIOTHERAPY

### I. Individual Session for Adults

For example:

- Pain Relief
- Mobilisation & Stretching
- Strength Training
- Balance & Coordination



### II. Individual Session for Kids

For example:

- Stimulation of Motor & Sensory Development (from newborn age on)
- Posture Training
- Balance & Coordination
- Respiratory Therapy
- Concentration & Relaxation



For children of less than 3 years the presence of a parent is required.

For children from 3 years and older the presence of a parent is only necessary for the first session.

For the first consultation it is recommended to book 60 mins.



## YOGA

### I. Yoga Class for Beginners

In this Yoga class we will start with basic Yoga positions, sun salutations, breathing exercises and relaxation. Absolute beginners will be guided through the entire session. Yoga practitioners are certainly most welcome to develop and expand their practice.

### II. Yoga Class for Everyone

Welcome to this Yoga Class for all levels. 90 minutes will lead you through a choreography of intense practice: Asanas, Pranayama and Relaxation. Classes change between a more static Yoga style in „Iyengar“-tradition and a more dynamic „Vinyasa“ one.

Iyengar style is a precise bodywork, Vinyasa Yoga is similar to a fitness workout.

Both Yoga styles bring about improvements of physical & mental skills, such as strength, flexibility, body awareness, balance & concentration.

Pranayama breathing exercises are crucial for the Yoga positions and are taught along all Asana practice. The session ends with various techniques of deep Relaxation and Meditation.



ॐ ॐ DON'T FORGET YOUR YOGA MATS ॐ ॐ

### III. Individual Yoga Session

60 mins of a one-to-one Yoga Session for individual needs:

- ♦ Therapeutic Yoga for specific health issues, eg. a healthy back, quality of sleep, Yoga against migraine
- ♦ Prenatal Yoga
- ♦ Stress Management



## MASSAGE

### I. Classical Massage

Classical (or Swedish) massage combined with techniques of reflexology & relaxation, triggerpoint & sports massage etc., according to needs.

Services offered:

- ♦ Neck, face, head: 30 mins
- ♦ Neck, shoulders, arms: 30 mins
- ♦ Upper and lower back: 30 mins
- ♦ Legs: 30 mins
- ♦ Feet: 30 mins
- ♦ Entire body: 60 mins



### II. Lymphatic Drainage

The lymphatic system plays a crucial role in detoxification and purification processes of the body. It stimulates cell repair and the activities of the immune system.

Lymphatic drainage is a light, slow and calming form of massage.



Services offered:

- ♦ Neck, face, head: 30 mins
- ♦ Neck, shoulders, arms: 30 mins
- ♦ Legs: 30 mins
- ♦ Entire body: 60 mins

## GENERAL INFORMATION

Prices for individual sessions:

25 Euro for 30 mins  
50 Euro for 60 mins

Prices for Yoga classes from 4 participants:

15 Euro for 60 mins  
20 Euro for 90 mins

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