



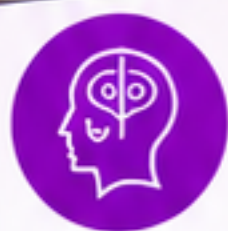
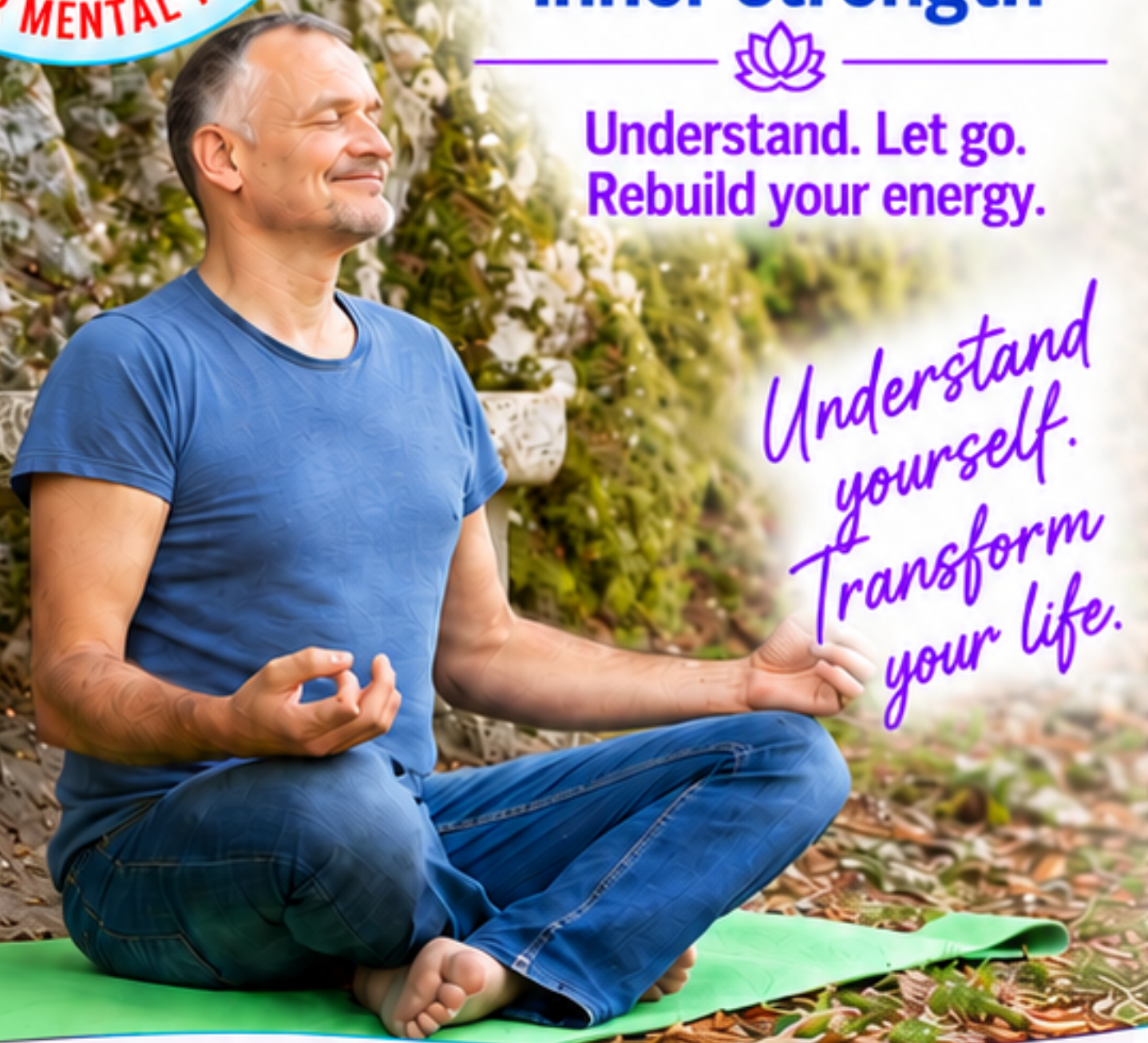
Burnout

Back to your inner strength



Understand. Let go.
Rebuild your energy.

*Understand
yourself.
Transform
your life.*



KNOWLEDGE

Traditional wisdom meets modern science.



TRANSFORMATION

Profound changes through self-awareness (Svadhyaya).



PRACTICE

Concrete tools for everyday life, work and relationships.



CLARITY

More resilience, well-being and a better quality of life.



OUR FORMATS



COMPLETE TRAINING

In-depth and certified training for a comprehensive global understanding.



SHORT COURSES

Each topic in depth, flexible and practice-oriented.



SEMINARS

An intensive experience (4 hours + 1 hour yoga) for body and mind.



INDIVIDUAL SUPPORT

Personalised guidance tailored to your needs and goals.



OUR METHODOLOGY

- ✓ Svadhyaya – self-awareness
- ✓ Samkhya – philosophy & psychology
- ✓ Integral chakra psychology

- ✓ Bodywork and posture correction
- ✓ Breathwork, meditation and mindfulness
- ✓ Modern science and psychology



In-depth knowledge



Practice-oriented and directly applicable



A holistic approach: body, mind and soul



For greater well-being, clarity and a fulfilling future.

WHAT IS BURNOUT ?



Burnout is a state of physical, emotional and mental exhaustion that develops after a prolonged period of stress. It can lead to deep fatigue, loss of motivation, sleep problems and a feeling of inner emptiness.

HOW CAN YOGA HELP ?



A holistic approach to understand the causes, calm the nervous system, restore inner balance and build new, sustainable energy.

KEY TOPICS



Understand stress and its effects



Regenerate the body and nervous system



Find inner balance and relaxation



Gain clarity for the next step



Practical tools for everyday life



FOR WHOM ?



People in chronic stress



Professionals with high work demands



People at risk of burnout or with early signs



Employers and teams (prevention in the workplace)



Anyone who wants to find more energy, clarity and meaning in life



*Understand yourself.
Transform your life.*



LEARN MORE & SIGN UP

www.mental-health.yoga

