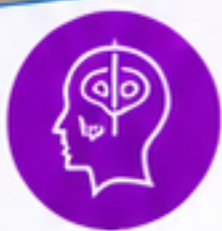




Media and Screen Addiction

More balance.
More clarity.
A more fulfilling life.

*Less screen time.
More presence.
A richer life.*



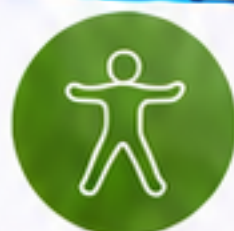
KNOWLEDGE

Traditional wisdom meets modern science.



TRANSFORMATION

Profound and lasting change through self-awareness (Svadyaya).



PRACTICE

Concrete tools for everyday life, work and relationships.



CLARITY

More inner calm, focus and a higher quality of life.



OUR FORMATS



COMPLETE TRAINING

In-depth and certified training for a comprehensive 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

- ✓ Svadyaya – self-awareness
- ✓ Samkhya – philosophy and psychology
- ✓ Integral chakra psychology

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



In-depth knowledge



Practice-oriented and directly applicable



A holistic approach: body, mind and relationships



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



*Less screen time.
More presence.
A richer life.*



LEARN MORE & SIGN UP

www.mental-health.yoga



WHAT IS MEDIA AND SCREEN ADDICTION ?



Excessive and often uncontrolled use of screens (smartphones, social media, games, videos, etc.) that can affect attention, sleep, emotions, relationships and mental health.

HOW CAN YOGA HELP ?

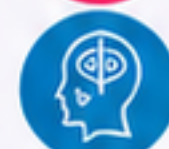


A holistic approach that combines self-awareness, breathing, meditation and body practices to calm the nervous system, reduce compulsive behaviour, strengthen inner stability and support a healthy, conscious use of media and screens.

KEY TOPICS



Understanding the mechanisms of digital addiction



Recognising and regulating impulses and habits



Improving sleep quality and regeneration



Strengthening concentration and mental clarity



Building real relationships and human connection



Practical tools for a healthy and conscious use of media



FOR WHOM ?



Young people, adolescents and adults



Parents and families



Professionals (schools, companies, institutions)



People who want to reduce screen time and find more balance



Anyone seeking more clarity, presence and meaning in life

