



Toxic Relationships & Low Self-Esteem

Let go. Respect yourself.
Rediscover your value.
Build healthier relationships.

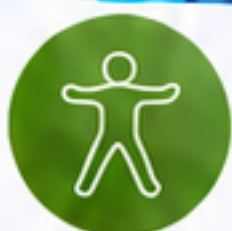
*Healthier relationships.
More self-confidence.
A freer life.*



UNDERSTANDING
Traditional wisdom meets modern science.



TRANSFORMATION
Deep and lasting change through self-awareness (Svadyaya).



PRACTICAL TOOLS
Concrete tools for everyday life, relationships and well-being.



CLARITY
More inner peace, self-confidence 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, self-confidence and a more fulfilling life.

WHAT ARE TOXIC RELATIONSHIPS ?



Toxic relationships are connections that create stress, fear, guilt or a constant negative feeling. They can exist in romantic partnerships, families, friendships, at work or on social media, and can seriously affect our emotional well-being and self-esteem.

HOW CAN YOGA HELP ?



Yoga and mindfulness help you become more self-aware, recognise unhealthy patterns, set healthy boundaries, calm the nervous system and reconnect with self-love. This leads to clearer choices, more balanced relationships and a stronger, more authentic you.

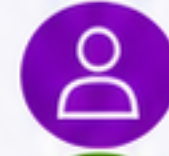
KEY TOPICS



Recognising toxic relationship patterns



Understanding the roots of low self-esteem



Identifying your needs and personal boundaries



Letting go of emotional dependence



Cultivating self-love and self-care



Managing difficult emotions (anger, fear, guilt, sadness)



Building healthier, more authentic relationships



FOR WHOM ?



People in challenging or toxic relationships



People with low self-esteem



People who want to set boundaries and respect themselves more



Professionals (coaches, therapists, teachers, etc.)



Anyone who wants to live more fulfilling, authentic and healthier relationships



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LEARN MORE & SIGN UP

www.mental-health.yoga

