



Yoga for Mental Health

Knowledge that heals.
A practice that transforms.

Comprehensive and specialised trainings for greater inner balance, emotional strength and clarity in everyday life.

*Understand yourself.
Transform your life.*



KNOWLEDGE

Traditional wisdom meets modern science.



TRANSFORMATION

Profound changes through self-awareness (Svadyaya).



PRACTICE

Concrete tools for everyday life, work and relationships.



CLARITY

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

FOR YOGA TEACHERS • THERAPISTS • COACHES • HR • COMPANIES



Based on science and tradition, authentic and up-to-date.



Practice-oriented and directly applicable.



A holistic approach: body, mind and soul.



For personal growth and meaningful professional development.

LEARN MORE & SIGN UP

www.mental-health.yoga



OUR KEY TOPICS



BURNOUT

Understand, prevent and heal with yoga, mindfulness and self-awareness.



DEPRESSION

Step out of inner darkness and rediscover life's energy.



TOXIC RELATIONSHIPS & LOW SELF-ESTEEM

Recognise harmful patterns, break free from old habits and build healthy relationships.



MEDIA & SCREEN ADDICTION

Mindful living in a digital world – regain mental clarity and real human connection.



OUR FORMATS



COMPLETE TRAINING "Yoga for Mental Health"

In-depth training for comprehensive understanding and professional application.



SHORT COURSES

Each topic in depth, flexible and practice-oriented.



SEMINARS (e.g. 4 hours + 1 hour yoga)

Intensive knowledge combined with practical experience for body and mind.



INDIVIDUAL SUPPORT

Personalised guidance tailored to your needs and goals.



FOR WHOM ?



Yoga teachers and yoga practitioners



Psychologists, therapists, coaches and support professionals



Professionals in healthcare and social services



HR professionals and companies



OUR METHODOLOGY

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

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



In-depth knowledge



Practice-oriented and directly applicable



A holistic view: body, mind and soul



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

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