



Forest yoga

FINN
GURU

The secret behind Finnish peace of mind is the forest. That's where you can find calmness and stillness, that's where you can find your true self... Jonna will guide you to find the healing touch of the forest, even in the city.

GUIDE: Jonna | **TRANSFERS:** Included | **MEALS:** Bottle of spring water

When you know where to look, the peace of the forest can also be found in the heart of town. And Jonna knows where to look! You will meet her at the gates of the park and continue on-foot to the quiet spot Jonna has selected for you.

Jonna gives each of you a yoga mat and the session begins. Jonna will guide you each to get in touch with your inner self, gently but persistently. She helps you to feel better and to understand yourself in a new way. Jonna doesn't leave you to fend for yourself; she is a reliable and involved coach.

In her coaching Jonna uses mindfulness-methods and tools that support wellness and health. The most important tool is the nature all around you; the presence of nature itself helps release stress and amplifies the health benefits of yoga.

Forest yoga is suitable for all, even beginners. The yoga session ends with a slow recovery and a sip of fresh spring water. Did you find your inner forest?

AVAILABILITY: Snowless seasons

GROUP SIZE: 1-9 people

DURATION: 3 hours