

***One-to-one consultation with Helen, Ahimsa or Pippa, Satyachitta***

*-90 minutes first visit, 60 minutes follow up.*

*-for PTSD - Ahimsa or Satyachitta*

*-for other mental health issues e.g. depression – Satyachitta*

*-yoga Sadhana-Ahimsa*

*The consultation will provide a way forward using yoga practices. A sadhana will be given for daily practice, including simple asanas to relieve tension and promote better breathing; breathing practices for rebalancing the nervous system and helping reduce anxiety and other PTSD symptoms and improve sleep; guided relaxation for reducing stress and increasing resilience.*

*One consultations is 3000 rsd (25 eur)*

*If you want to make the appointment, please fill the form*

<https://goo.gl/forms/OA3sOjB9LdzUx95l2>