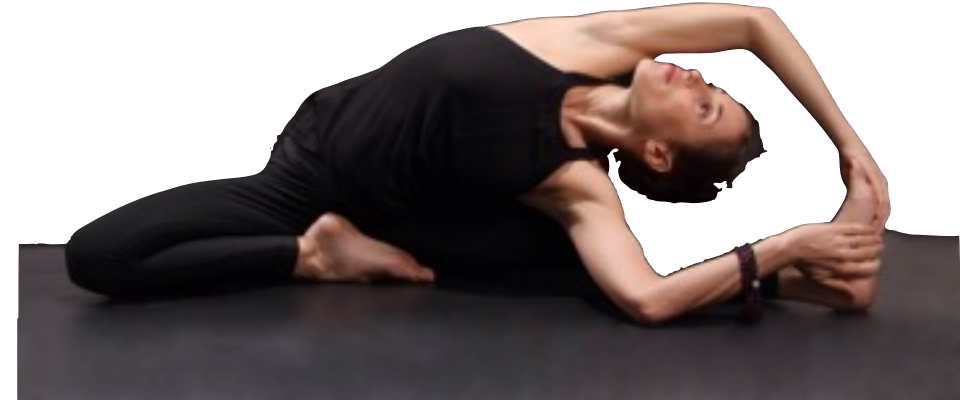


PASCALE WETTSTEIN | DECEMBER 16TH & 17TH 2018 | 2 - 4:30 PM



• Pascale discovered Yoga as she was training to become a dancer 25 years ago. From 1996 to 2009, she worked as a dancer and choreographer in NYC.  
• In 2001 she joined her first teacher training (200H RYT) at Om Yoga Center in NY where she became a senior teacher and 2003 certified in restorative Yoga with Judith Lasater and pre/post-natal Yoga with Mary Barnes. Pascale is also an advanced teacher of the Smart Flow method (Annie Carpenter).  
• She has been a student of the Iyengar method for many years and her love for anatomy led her to study with Leslie Karminoff and Body-Mind Centering with Body Bainbridge Cohen.  
• Since 2001 Pascale has been teaching classes, workshops and teacher trainings in the US, Europe and Asia.

[www.pascale-wettstein.com](http://www.pascale-wettstein.com)

• In the last few years, Pascale has been incorporating Yin and Restorative Yoga in most of her classes to offer the sweet balance between effort and surrender.  
• She is the author of „Le Bien-être par le Yoga“ (ed. France Loisirs, 2007) and „10 minutes par jour pour se sentir bien“ (ed. Eyrolles, 2015), her next book 10 minutes pas jour pour enchanter son quotidien will come out in December 2017.

• **Vinyasa Flow | Saturday 16th 2 - 4:30pm**  
• We will flow through a sequence especially designed for this time of year : twists to support our digestion and immune system and help us get rid of the old and heart openers to counteract the cold and invite new possibilities. This sequence will bring joy and lightness to your Holiday season.

**1 Workshop CHF 70.00**  
**Both Workshops: CHF 130.00**  
**Registration: [olive@yogalives.ch](mailto:olive@yogalives.ch)**

• **Yin Yoga Sunday 17th 2 - 4:30pm**  
• We will hold postures for longer to invite the body to dissolve deep tensions and we will use restorative poses to tap into the part of the nervous system that helps us quiet down, heal and digest. This class will certainly leave you grounded and deeply relaxed and is a great remedy for the hectic season.