

OUR YOGA INSTRUCTORS



CAROLINA BAUMANN-TAPPRICH

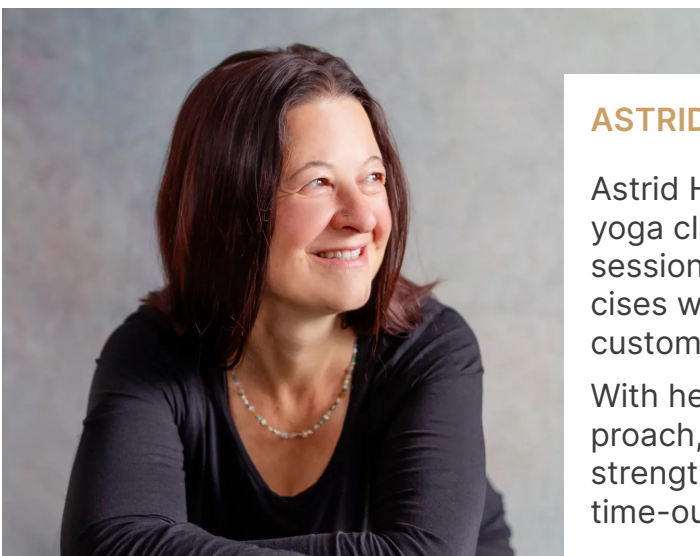
Carolina Baumann-Tapprich combines breath, movement and inner peace in her yoga classes, which have been inspiring people since 2001. Her in-depth training and years of experience enable her to teach yoga in a personalised and sensitive way.

Whether for beginners or advanced practitioners, Carolina's focus is on balance, oneness and personal growth in a small, relaxed group atmosphere.

BRYAN PORTMANN

Bryan Portmann is a yoga teacher and yoga therapist (KT) who inspires with dynamic synergy yoga. His classes promote flexibility, energy flow and mental balance, with a special focus on the spine.

Precise anatomical knowledge, clear instructions and a humorous teaching style characterise him - ideal for anyone who wants to experience yoga as a holistic balance.



ASTRID HAAS

Astrid Haas inspires with her mindful and powerful yoga classes that harmonise body and mind. Her sessions combine gentle, stress-relieving exercises with invigorating flows that are individually customised.

With her in-depth knowledge and empathetic approach, Astrid helps participants to find peace and strengthen their own centre - ideal for a conscious time-out.