

# YOGA

I N K I L C H B E R G

## Hanuman Flow with Chantal

Sunday, 10:30 – 12:00 Uhr

30. September 2018

28. October 2018

25. November 2018

**Hanuman Flow** is Chantal's unique and creative movement class that uses core, pelvic-floor and breath-work to facilitate space in the body. Hanuman Flow is not a fast flow but rather a style that incorporates classical yoga postures, breaks them down to its core, and focuses on transitional movements. It can entail elements of Biomechanics and other movement forms such as Pilates and Martial Arts. Most every class uses regular yoga props, sometimes we also use thera-bands and small balls. Everyone is welcome !

**Chantal Hauser** is a professional yoga and movement teacher in Switzerland who is renowned for her unique style Hanuman Flow. Her yoga background and teachings are deeply influenced and shaped by Tim Miller and Ana Forrest. Chantal was born in Zurich, raised in the Swiss Mountains and grew up in New York City. She took her first yoga class when she was 5 years old. Chantal started teaching yoga after university and has been teaching ever since. In 2014 she has introduced Forrest Yoga to studios and yoga practitioners in Zurich and around Switzerland. She is also the creator of hanuman shala | A Yoga Community. The intention of her yoga company hanuman shala is to bring quality yoga teachers and offer quality yoga classes to the practitioner. Learn more about Chantal: [www.chantalhauseryoga.com](http://www.chantalhauseryoga.com) | [www.hanumanshala.ch](http://www.hanumanshala.ch)



### Price:

Single lesson for CHF 35.00  
(please pay in cash, exact amount)

Participants with Yoga-Abo pay the «Aboprice»

Subscription at Yoga in Kilchberg

YOGA IN KILCHBERG

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