



for more info call 064 0817890

Yoga In Stillness & FLOW

Balanced posture, integrated movement with a sense of ease and strength in the body are the guiding principles in Marina's teaching. Her classes integrate active, mindful movement and the more receptive practices of breathing and relaxation, providing nourishment for physical, emotional and energetic well-being. Marina teaches weekly classes, workshops and one-on-one lessons at "In Stillness & Flow" her private practice in Arnhem, Netherlands.

FOR MORE INFO VISIT
www.marinatrisic.nl

Yoga Ground&Rise

classes are for beginners and people who want to learn the basics of yoga postures through a safe and structured learning process. This basic practice encourages precision of posture which in turn helps develop an awareness of alignment, effort and relaxation. We will learn how to free and maintain natural breathing whilst practicing yoga, as well as study its connection to movement of the body. Through yoga students will steadily build both strength and flexibility in a progressive but safe way. We move from a fundamental to a more sophisticated knowledge of postures - becoming more physically challenging as the student gains experience.

Yoga Release&Flow

are deep relaxation classes focused on the restoration of energy, natural breathing and deep-held tension release; Marina uses a variety of physio-therapeutic aids in her restorative and gentle movement postures. Fluidity in movement is encouraged through a series of customised yoga sequences. This class creates an ideal balance between energy restoration and dynamic yoga sequences.

"The quieter you become, the more you can hear."





Personalized Somatic Yoga Program

is designed specifically for the client and incorporates the basic yoga principles of postural alignment, breathing awareness and somatic movement. A private session is focused around the individual client: following an in-depth discussion identifying the client-specific needs, a customised program is developed. You have been practicing for a while and have specific questions you want to work on, which can't be addressed during regular classes. Or do you want to build a home practice? You would love to learn how to practice yoga at home and need specific tools with a personalized program.

"In trusting our bodies, we discover that we are all dancers; letting go of controlling habits of mind, we experience our graceful bodies, flowing like water on their own accord." Sondra Fraleigh

Mini half day retreat Balance & Ease

A day away to rejuvenate your body, mind and emotions and find your inner balance. Through the various techniques such as meditation, yoga, breathing, restorative yoga, gentle authentic movement and relaxation exercises. Learn how to release deep held tension in your body and how to bring your mind to rest. We start the day with the meditation, practicing conscious breathing and mindfulness. In the yoga part of the workshop, we will focus on the study of various yoga postures, breathing and the basic principles of yoga. "Gentle authentic movement" is a natural and liberating exercise. This practice is suitable for everyone, no movement or dance experience needed. The day ends with deep relaxation practice based on the principles of mindfulness and Yoga Nidra (the art of deep relaxation).

*I would love to live like a river flows,
carried by the surprise of its own unfolding."*



Massage Balance & Ease

In my sessions I am combining Holistic Massage and Holistic Pulsing. Depending of the focus of the sessions I may use additional somatic and bodywork techniques as: mobilizations of limbs and joints, breath work, rocking as well as foot reflexology. Historically massage is a very old technique used to relieve pain, relax and heal. "Holistic" means whole. Holistic massage is a hands-on treatment that affects the physical, emotional, mental and spiritual levels of the body.

The treatment enables the person to improve their health and re-establish their body's natural equilibrium, known as homeostasis. Holistic Pulsing is a wonderful and extremely gentle form of bodywork. During a Holistic Pulsing session the body is gently rocked by the practitioner at rhythms close to the heartbeat. This provides a nurturing and safety, in which the nervous system can relax into the ongoing soothing movement. The rhythmic rocking sends ripples flowing through the whole body enlivening the system on all levels. Holistic Pulsing treatment can be done separate or in combination with Holistic massage.

" Touch comes before sight before speech. It is the first language and the last, and it always tells the truth."



Marina Trisic is a certified yoga teacher from Iyengar Institute in Amsterdam and certified Somatic Movement Coach and ambassador from SMI, Somatic Movement Institute in Amsterdam. Actively teaching since 2008, she has founded "In Stillness & Flow" private practice in Arnhem where she leads group classes, workshops and personalized yoga-somatic programs. Her background in bodywork, somatic movement and various dance and movement disciplines has influenced her understanding and teaching of yoga. In her teaching she focuses on understanding postural, movement habits and physical tension creating more efficient patterns for movement, posture and breath.

"I find creative processes fascinating and I like creating opportunities where I can teach and share my experiences with others. My passion for creative expression has led me into studies of different forms of art , music and movement. I feel like I'm always on the journey into something new and different. Learning paths of yoga, somatics, art, theater, healing and bodywork has brought about personal transformation as well as passion to share and teach these experiences to others."

Try out lesson : € 5,-
1 lesson : € 12,-
5 lessons card: €50,-
(1 lesson in a week) 7 weeks valid
Students 15 % reduction of the 5 lessons card - 40,--

10 lessons card: €90,-
(2 lessons in a week) 12 weeks valid

Private yoga lesson : 60 minutes : € 45,-
5 lessons card trajectory : € 185 -.
Private yoga class for up to 4 people € 65,-

The whole body massage 30 min 30,- / 60 min 50,-
Pregnancy massage 60 min 50,-

Gelrepas Arnhem: 10 lessons trajectory : €40,-
Sunday workshop: 3 hours € 20



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“May what I do flow from me like a river, no forcing and no holding back, the way it is with children.”