


SPORT


Breathe happiness: A yoga weekend with Anabelle W. Seufert






DATES

 09.01.2026 – 11.01.2026

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 buy tickets

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Atma means soul in Sanskrit. That's exactly what this retreat is all about: letting your soul dangle. Find balance through a gentle inward yoga practice, mindful breathing exercises and silence.

Anabelle's approach is holistic. It's not about perfection or performance, but about how you are allowed to feel: free, light & full of confidence. A blissful weekend to boost your overall wellbeing. Breathwork - a modern term for a millennia-old practice. In yoga it is called pranayama. Translated, this means: prana - ayama. Which means expansion, extension, control of life energy. Breathe happiness - is a yogic practice that focuses on consciously controlling and deepening the breath. The body is prepared through gentle, strength-creating & flowing movements (asanas). Inner space is created in order to be able to breathe more fully and deeply. At the same time, the focus is on the energy (prana) that flows through the breath. Prana permeates all life - an elixir that surrounds us & flows through us. If we influence this breath, we fundamentally change our body-mind-heart system. Stress is reduced and deep relaxation is allowed to develop. We immerse ourselves in the now and open ourselves to the miracles that arise. A blissful weekend to increase your general well-being. Be there, breathe freely and happily. Breathing exercises have a direct effect on the heart and lungs, lowering blood pressure, improving lung capacity, strengthening the immune system and lifting the mood. If you practise pranayama regularly, your breathing will also become much more relaxed in everyday life over time. This leads to a more relaxed attitude. A connection is created - with myself and with life. You can find more information about Anabelle W. Seufert at www.integrales-yoga.ch