



*Liv In Ericcira*

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SEASPIRIT

YOGA



*Yoga and meditation  
for everyone*

HERE, YOU  
ARE WELCOME

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We provide a diverse range of yoga  
and meditation classes that cover all  
skill levels.



## MY MISSION & VISION

*I aim to help people by teaching them how to integrate yoga and meditation into their daily lives*

*Im Sara a Portuguese traveler soul, and after being 14 years out the country, im based in Ericeira, where i am able to share my passions with others.*

*During a searching path, i explored and learnt different sorts of movement practices, as a way to discover and connect with my self.*

*When i found Yoga in 2000, i understood more than ever this connection between body, mind and soul that are inseparable.*

*As a certified Yoga and SUP Yoga teacher, as well as SUP Instructor, i found the way to connect both disciplines to share my knowledge with those whom want to have a new adventure, relax or get deeper in their practices, and always getting the most fun out of it.*

## OUR SERVICES & CLASSES

There is no single definition to yoga, but in sanskrit 'Yoga' is used to mean any form of 'connection' or 'union'. Each definition of yoga reveals part of the ocean of knowledge and experience that forms the yogic path. This conscious connection we establish permit us to create a joyful, blissful and fulfilling experience.

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### YOGA CLASSES

The Hatha Vinyasa Yoga classes are designed to all different levels, to make you feel able to enjoy one hour class according to your abilities.

Increasing strength and flexibility, reducing anxiety and stress, can be a perfect combination to improve your surf performance or simply the relax time of your holidays.

Give yourself this opportunity to listen the inner silence within you, through a journey of different flows, postures, breathing and relaxation of body and mind.

Come over and discover the joy of this ancient practice and taste a feeling of harmony, lightness and well-being through this journey.

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BOOK NOW

