



**Paola Mannaro**

2-8-10 Daizawa, Setagaya Ku, Tokyo 155-0032  
TEL : 03-6751-1664 EMAIL : paola@yogasan.net

INFORMATION :

Yoga classes are suitable for men and women regardless of age, weight or level of fitness. You will have obvious results after just a 5-week series. Yoga quickly builds stamina, flexibility, strength, inner calm and overall physical balance and good health. Breathing techniques and meditation are also taught to enhance concentration and relaxation.

**You don't need flexibility to do yoga. Yoga will make you flexible !**

CLASSES last 2 hours : By appointment – any time or day  
5 classes 15,000 yen or 10 classes 27,000 yen per person.  
Single class 4000 yen per person.  
Minimum 2 people - Maximum 6 people

**Kindly email in advance to book your class.**

Cost includes all equipment, refreshments and Japanese mineral water. There is time after each class for questions, discussion, drinks and relax.

ACCESS :

Train from Shibuya station on the INOKASHIRA LOCAL LINE to IKENOUE station. Turn left out of the station past the MUFG bank and walk on the main road for 4 minutes. The Yogasan Studio is on the right side in a yellow house.

TO BRING :

Comfortable, **very very** loose cotton shorts or pyjamas and T-shirts. Bring a towel if you wish to shower. No drinking bottles please.

EQUIPMENT :

All equipment is provided. We choose everything with great care : ECO yoga mats, organic cotton belts and bolsters from the specialist Japanese

yoga suppliers, SURIA. The yoga blocks are made from traditional Japanese woods by the craftsman, MISHOW, in Gifu Prefecture. The woollen blankets are made from certified organic wool from New Zealand.

### YOGASAN PHILOSOPHY :

The teaching philosophy is of continuous improvement and tailored to the individual with small classes for fast results. YogaSan lessons build up in a series and do not repeat.

YogaSan is a really beautiful yoga space with natural light and ventilation. Natural materials are used wherever possible. We collaborate with green and ethical organisations, we support traditional Japanese craftsmanship and young Japanese designers. A proportion of profits goes to charity.

### THE AIR YOU BREATHE :

In the cold months we purify and humidify the environment with pure organic essential oils ( tea tree etc. ); in the warm months we use the highest quality Tibetan incense prepared by buddhist monks in India (charity).

### YOGASAN SHOP :

We sell all the equipment used in the studio. We also sell yogi supplies such as neti pots, incense, soaps, teas and a range of carefully selected products from India and from the UK. The quality is very high and the prices are very reasonable. Please ask to try our products !

### REWARDS FOR INTRODUCING FRIENDS :

IF a friend pays for a 5 lesson series you get 1 free GIFT lesson.

IF a friend pays for a 10 lesson series you get 2 free GIFT lessons.

### THE YOGASAN GOLF METHOD :

For male or female golfers. Please email for prices.

### YOUR TEACHER :

Paola Mannaro has more than 30 years of yoga asana experience, in the Iyengar, Sivananda, Ashtanga and Hatha yoga Methods. Her certificate is from the internationally recognised (YA) Sivananda Yoga Organisation.

Paola's resumé : <http://jp.linkedin.com/in/pmannaro>

### SUGGESTIONS :

Please come on time and allow time for changing clothes and relaxing.

Be kind, honest and work hard in the classes. Your teacher too.

Observe your mind and body carefully and enjoy the gift of YOGA.