

Sāvitṛī

Sāvitṛī is a Yoga Teacher (Jivamukti, Katonah), Thai Yoga Massage Therapist, Mindfulness Meditation Teacher and intuitive Energy Healer (originally trained in Usui Reiki, Grand Master Level).

Seeking to create a safer space to meet you wherever you are on your way, Sāvitṛī has many a tool in store to provide you with just what you need.

In a heartfelt, authentic, and open way.

Reiki

In the tradition of the Usui System it refers to a Natural Healing method, where various vibrational energy techniques are used to balance, harmonize, and restore our energy systems.

It is a non-invasive and grounding healing method, where the hands are placed gently and passively in different positions on or slightly over the body.

60-75 minutes // CHF 108

Thai Yoga Massage

Thai Yoga Massage is a therapeutic treatment, which the client receives in comfortable clothing on a mat on the floor. The treatment helps to re-establish balance between the different energies and bodies (gross, subtle, emotional, mental) and the potential of self-healing power is released.

60-75 minutes // CHF 108

Mindfulness Meditation private or group sessions

Vipassana (insight) Meditation in the tradition of Jack Kornfield and Tara Brach. Either working in a one-on-one setting, addressing specific topics through the lens of mindfulness and loving kindness, or as a guided meditation in a group setting with room to address questions afterwards.

60-75 minutes // CHF 108

Yoga Class

Sāvitṛī merges her many influences from Jivamukti, Katonah, and Body Work into an integrated approach to Asana Practice, embedding the variety and richness of yogic practices in a vitalising vinyasa flow. The classes are suitable for all levels and include scriptural input, meditation, chanting, and postural work. You can book a class for your group or friends.

60-90 minutes, adaptable according to your needs // donation based

Contact

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