



Personalized Yoga Training with Christophe Cappon



Break through personal and physical limitations with a fun, fully personalized yoga practice. You'll be reaching poses which you never thought possible, all in safety and good company. Leave feeling revitalized and confident!

Seize the opportunity for this unique and accessible yoga experience:

- Clear instructions
- Yoga styles to suit every body
- Biomechanic alignment for optimal posture
- Myofascial rolling for deep tissue release
- Acrobatic handstand training for increased energy
- Core conditioning
- Partner yoga

About your teacher

Christophe Cappon is a Canadian, Anusara® yoga instructor based in Chiangmai, Thailand. He's been featured in Yoga Journal magazine and offers unique retreats, specialty workshops and private sessions worldwide. With 9 years of dedicated practice, in-depth trainings and teaching experience, Christophe's unique ability to bring out each students fullest potential is his gift. Find out more at www.christophecapon.com