

*A celebration back  
to the heart*

## CACAO -YIN YOGA - SOUND BATH

SUNDAY 27NOV22 - 15:15-17H  
35 RUE SAINT-ROCH, 75001 PARIS  
EUR25



Join Jacqueline and Princess on a journey that will take you back to your heart.

We will start with a cacao ceremony to set intentions and connect with mindfulness, allowing the magic of the plant to open our minds and hearts.

From there, you will be guided by Jacqueline through light pranayama (breath work), and balancing Yin Yoga practice to release stress, connect to ourselves and tap into our heart space.

Princess will be accompanying us with her crystal sound bowls. Combining the powerful practices of Yin Yoga with the soothing vibrations from the crystal sound bowls will allow you to find deeper levels of relaxation and connection.

We will finish with a longer Sound Bath and a restorative Yoga Nidra to relax, renew and fill our hearts with gratitude.



JACQUELINE KOENIG & PRINCESS MANZON  
YOGACLUBPARIS

## WHAT TO BRING

- Yoga mat
- Your own drinking water and your own cup for the cacao if you wish
- Blanket, small pillow and anything you need to keep cosy and warm

## ABOUT US

**Jacqueline Koenig @jacquelinekoenig\_yogamovesyou**

Teaches lively flows that leave you feeling grounded & connected to your heart. Her classes invite self-inquiry through mindful alignment, creative sequencing, and lighthearted wisdom drawn from the yogic tradition.

Her passion is to build communities and help to create a positive shift while living the big city life. She is an experienced Yoga Alliance RYT500 teacher and studied Hatha, Vinyasa and Yin yoga as well as meditation in Australia and India.

**Princess Manzon @sitwithmaya**

Is an Embodiment Coach & Facilitator. She is an intuitive guide trained in Hatha Yoga, Bodywork and Somatic Trauma Therapy. Princess is the cofounder of @mayacacaomagic, ceremonial cacao sourced from the Philippines.

Combining the medicine of cacao, plant energetics, yoga, breath, sound, movement meditation, bodywork and other nature based healing techniques, she intuitively guides individuals, couples and groups on their healing journey in a reflective, ceremonial way.

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**We look forward to seeing you there.**

**Limited spaces available.**

**Please reach out if you have any questions via  
yogaclubparis@gmail.com**

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