

Harmonising Shen: Calming the Mind for Peak Performance

Yin Yoga Acupuncture & Sound Healing

This 90-minute class, crafted exclusively for Culture Vitale, integrates Traditional Chinese Medicine (TCM) principles with an extended Yin Yoga flow, acupuncture and a sound healing session to regulate the nervous system.

Tailored for corporate workers, it targets stress and burnout through harmonising Shen (spirit and mental clarity), addressing Liver Qi Stagnation (stress) and Heart Fire (anxiety/restlessness).

This experience fosters focus, creativity and resilience for high-performing teams.

HOSTED BY:

Lucrezia Zanin
Founder of Bella Donna Acupuncture

date TBC