

YOGA TEACHER



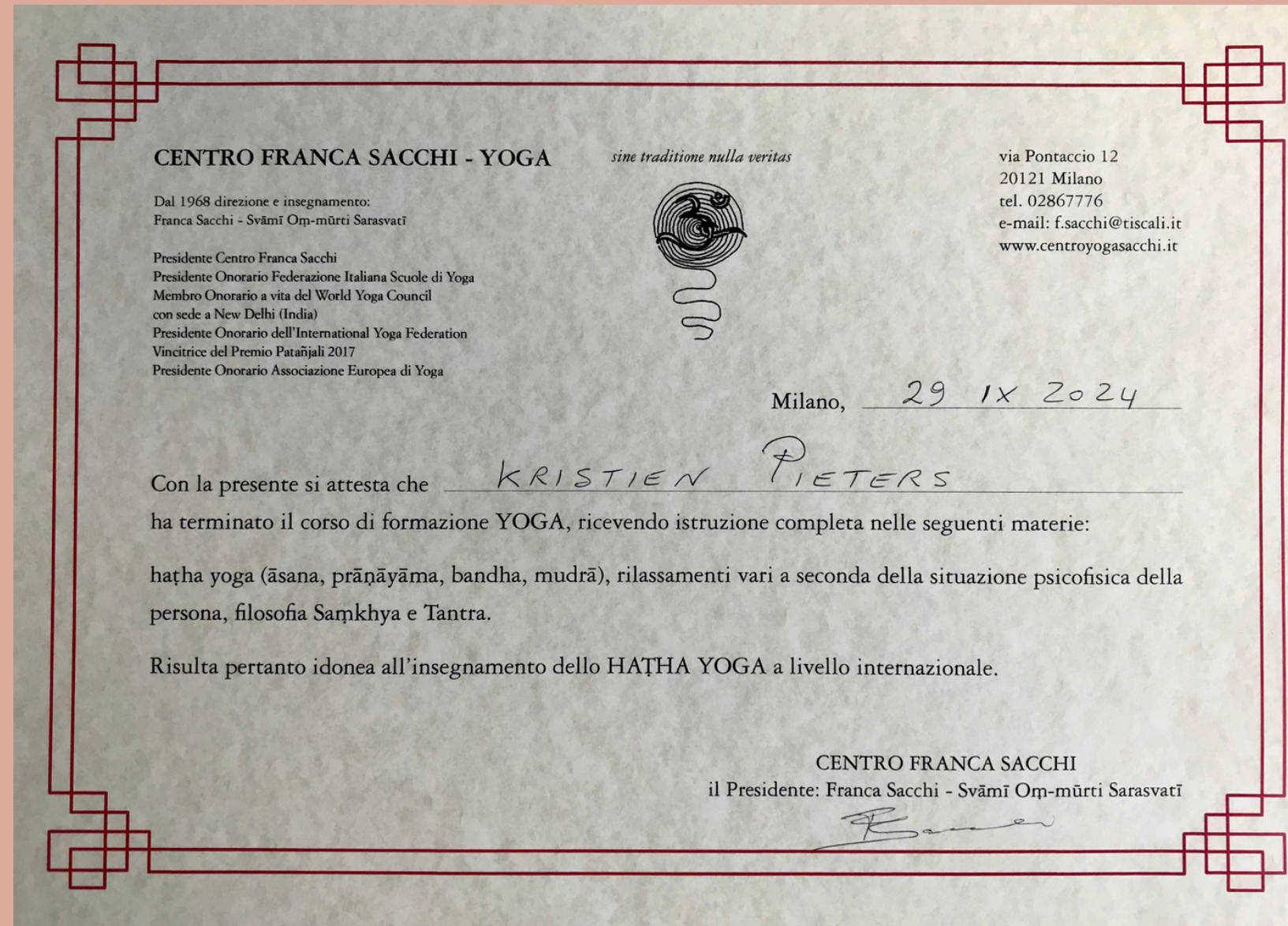
Kristiien
Lieters

Hello!

YOGA TEACHER EXPERIENCE:

Certified Hatha Yoga teacher at the International School of Franca Sacchi (Svāmī Om-mūrti Sarasvatī), she specialises in āsana, prānāyāma, bandha, mudrā techniques, various relaxation techniques depending on the person's mental and physical condition, Samkhya philosophy and Tantra.





YOGA TEACHER EXPERIENCE:

She began her yoga journey in 2008 at the Yoga Centre in Saronno.

She specialised by attending various seminars (Silence seminar, Mandala seminar, Yoga during pregnancy, Mantra chanting seminar, Meditation seminar, in-depth knowledge of the chakras, Seasons seminar, Tantra Yoga with Svāmī Om-mūrti Sarasvatī).



KRISTIEN PIETERS

She continues her daily practice by connecting with Maayan Ben Dov – Durga at the Praanaa Kendraa Yoga Ashram (Tamil Nadu – India) of Svami Vishnu Yogeswarananda Saraswati.



KRISTIEN PIETERS

She is a first-level Reiki practitioner of the Usui Shiki Ryoho method of natural healing.

She is also passionate about crystal therapy, harp therapy, horse therapy and flower therapy.



TODAY

She teaches yoga in various holistic centres, yoga with horses and meditation with the herd.

Recent Work



We love

yoga

Moodboard



CARPE DIEM
SEIZE THE DAY

SLOW FLOW YOGA



Her Motto

HER MOTTO:

"I want to help others and myself to feel good!
Life can sometimes be hard and painful, but also
very beautiful! The Art is to find in everything,
every person and event:
'Beauty, Love and Serenity!'
Everything, for me, leads to this.
This, for me, is YOGA!"