



# Yoga, Pilates & QiGong

Relaxation for body and mind

Give yourself a moment of calm, energy, and renewed balance. Choose from three instructor-led programs that strengthen both body and mind - rooted in Chinese, Western, and Eastern traditions.

## Yoga – balance and presence

Yoga means the union of body and mind. Through conscious breathing, Sun Salutation A and B, and gentle yet strengthening movements, you increase flexibility, strength, and inner balance. A session that brings both energy and calm.

## Pilates – strength from the inside out

Pilates combines the best of Western exercise with Eastern body awareness. The focus is on breathing, stability, posture, and relaxation. Suitable for everyone – regardless of age or fitness level - as you train according to your own abilities.

## Qi Gong – calm in motion

Discover one of the world's oldest forms of exercise. Qi Gong combines slow, flowing movements with deep breathing and relaxation. The result is increased energy, reduced stress, and a stronger sense of inner balance.

No prior experience is required. All sessions can be held both indoors and outdoors, weather permitting.

### ALTERNATIVE 1

**1 hour**

- Yoga

**Starting fee:** 4.000 SEK  
**Per person:** 350 SEK

### ALTERNATIVE 2

**1 hour**

- Pilates

**Starting fee:** 4.000 SEK  
**Per person:** 350 SEK

### ALTERNATIVE 3

**1 hour**

- QiGong

**Starting fee:** 4.000 SEK  
**Per person:** 350 SEK

Moms tillkommer

**Öppet Hav AB**

Sjövillan, Hus 208, 111 49 Stockholm, Sweden

+46 8-500 33 221 · info@oppethav.se · www.oppethav.se





### Information

- Indoor or outdoors, weather permitting
- Suitable for small and medium-sized groups

