Framing Childhood

Yoga for Kids

the Attitude of Gratitude is Yoga

What feeds my soul?
Nature because it gives me the freedom to exist. Yoga because it teaches me to be enough.
Photography because it frames my life. People because they are the mirror of my soul.
I am Alecsandra

The true meaning of Yoga

I am grateful that I love and I laugh — **Heart**
I am focused and capable of greatness — **Mind**
I am powerful and beautiful — **Body**
I am enough, worthy and whole — **Soul**

Nature is full of infinite wonders
Music starts when words fail
Arts is where work meets love
Math is a game for the brain

and so much more...

60€ / month
all year round
german and english

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