



### **DO YOU THINK ONE THING, SAY ANOTHER AND DO A THIRD?**

You are not alone. With yoga, meditation and coaching conversations Mikael helps you find focus and become more authentic and aligned as a person.

### **YOGA TEACHER IN MEDICAL AND KUNDALINIYOGA.**

Mikael has practiced yoga for more than 25 years. For him it's an instrument for a healthier and calmer life. Mikael is the founder of Villa Sunlight and Villa Sunshine in Sitges which is located outside Barcelona. There Mikael has taught guests yoga and organized tailor made recreational retreats. Mikael is an internationally certified Yoga and Meditation teacher in Kundaliniyoga and Medicinal yoga, registered with Yoga Alliance - RYS 200.

The training was conducted at the Kundaliniyoga Academy in Stockholm. Read more about Michael's yoga story and how yoga came into his life and made a significant change in his development for body and mind.

Mikael has developed his own yoga technique, which he calls Feel Good Yoga. Its based on the classical kundalini- hatha combined with medicinal yoga. It's a beautiful and simple, effective exercises for body and soul. Yoga is stress-reducing it strengthens the body and mind. The body also has the possibility of recovery and relaxation. Feel Good Yoga uses exercises for body, breathing, mental exercise, voice and sound. The experience strengthens and creates space to find your full potential and power.

### **WHAT'S NEW AUTUMN 2018:**

**I WILL LEAD CLASSES AROUND STOCKHOLM AS OF OCTOBER 2018, CHECK OUT <https://feelgoodyoga.bokadirekt.se>**

- Yoga for brave men, stiff men and cool men
- Yoga with focus & flow, voice and sound
- Yoga for the older body, beautiful energy-efficient exercise with medical yoga

Feel Good Yoga is a gentle yoga form that suits young and old - even for those who are untrained. The yoga classes are simple and dynamic based on medicina and kundalini yoga.

The effect of yoga often leads to a softer, more moving body, as well as a calmer mind and greater well-being. Warm welcome to try!

LUNCHYOGA Tues, Wed and Thursdays at 11.45 - 12.00 LIVE on FACEBOOK.  
You can do it to! Let me share 15 minutes of your time and provide an effective "feel good exercise". Easy-based exercises for breathing and body. Suitable for everyone.

## **DIET & HEALTH COACH AS WELL AS STRESS AND RELAXATION GUIDE.**

Recently, Michael became a certified diet and health coach.

He is also educated in how to handle stress and relaxation with cognitive based methods.

Mikael will help to inspire you in your day to day life. He works with mapping and giving continuous support while strengthening you. He will be your guide which can be useful when you are in need of change in behaviors and invasive patterns.

Mikael offers individual sessions but he is also working alongside companies who understand the importance of having healthy colleagues at work.

With happy and motivated staff- sick leave becomes lower and therefore it's a win win for all parties. Michael's work experience and knowledge provides a wide range of useful tools for increased well-being.

You are welcome to book your first session or a yoga / meditation class for free.

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