

ARC DE TRIOMPHE

THE CAT POSE

- Proud as a lion, place your four paws on the ground
- Knees on the floor
- Breathe in deeply while arching your back
- Facing directly ahead, look up
- Breathe out slowly and round your spine

**Repeat as many times as you want.
The air is spreading, circulating
throughout your body.**

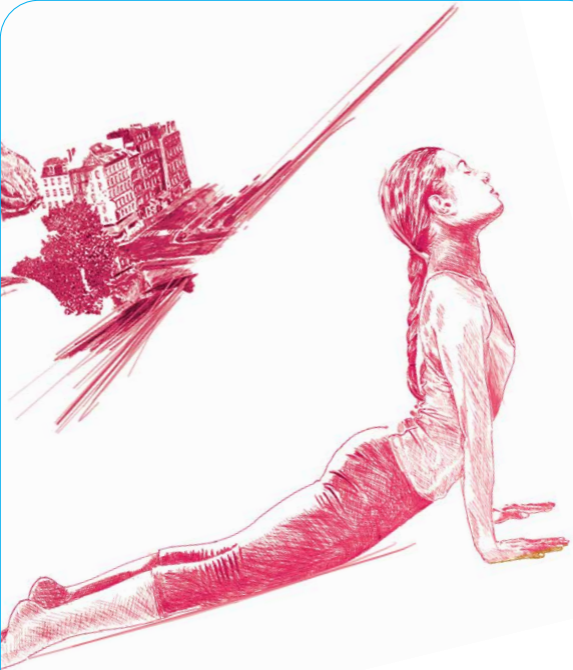


BENEFITS

TRIUMPH OVER YOUR STRESS (WITH ALL DUE MODESTY)

Oxygenate your brain and begin to relieve your physical tension. The process of relaxation is now gently starting.

Paris' major arteries converge on the Arc de Triomphe. This sight reveals the most famous view of the capital. Step into urban yoga through this majestic gateway which allows you to channel your energy and dismiss your tension.



LES GARGOUILLES DE NOTRE-DAME

THE COBRA POSE

- Lie face down with your whole body touching the ground and your palms flat on the floor at shoulder level
- Relax
- As you breathe in, push up with your hands and lift your chest off the floor
- Raise your head and chest without overarching your spine

Look straight ahead and poise, proud as a cobra. Breathe out as you slowly lower yourself to the ground.



BENEFITS

RISE ABOVE YOUR DAILY WORRIES

Expand your rib cage. Let your breathing bring you peace of mind.

Stone carved figures with amazing, almost eerie features, stand majestically on the very top of Notre-Dame: these are the gargoyles.

Daunting and imperial, these fervent guards have been watching over Paris for a thousand years. Drawing your inspiration from these creatures will strengthen your natural defences and help you be more confident.



PONT NEUF

THE HALF BRIDGE POSE

- Lie on your back and be aware of the ground beneath every part of your body
- Bend your knees and put your feet flat on the floor, slightly apart
- Breathe softly
- Lift your hips off the ground as high as you can comfortably go, without arching your back
- Support your lower back with your hands

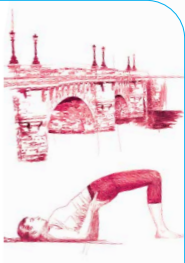
**Maintain the pose.
Slowly lower yourself to the floor
and breathe deeply.**

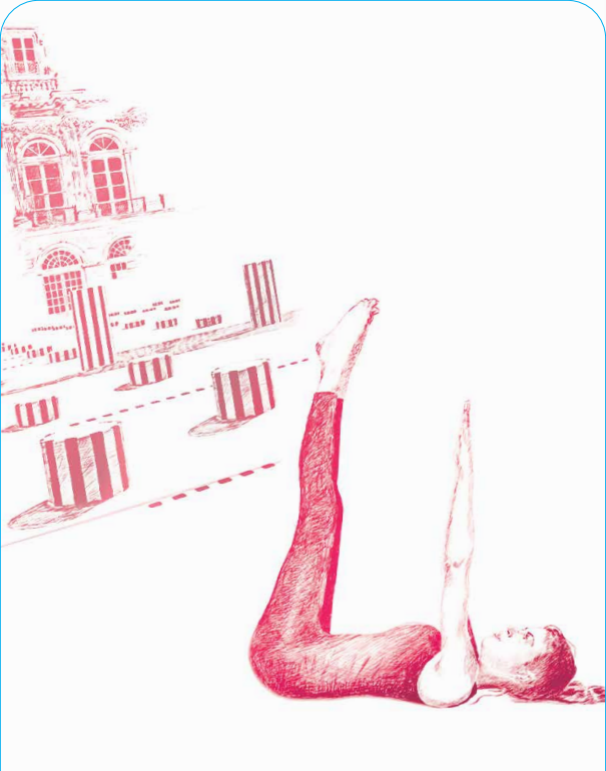
BENEFITS

CROSS THE BRIDGE BETWEEN BREATHING AND RELAXATION

Let the energy flow through your legs and stomach releasing the tensions in your muscles.

The oldest bridge in Paris, it has stood the tests of time and men. Its gentle arches, which curve in harmony with the river, were the first to connect the left bank to the right bank. With the bridge as your model, increase your flexibility and improve the circulatory flow between your legs and stomach.

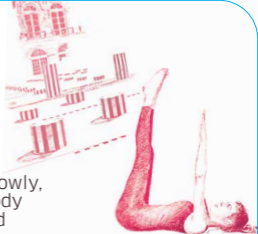




COLONNES DE BURËN

THE TABLE POSE

- Lie on your back, breathe slowly, every single part of your body is in contact with the ground
- Look up and lift your arms and legs straight up toward the ceiling. Your blood flows downward and your tensions disappear
- Keeping your arms straight, slowly turn your palms until they are facing one another



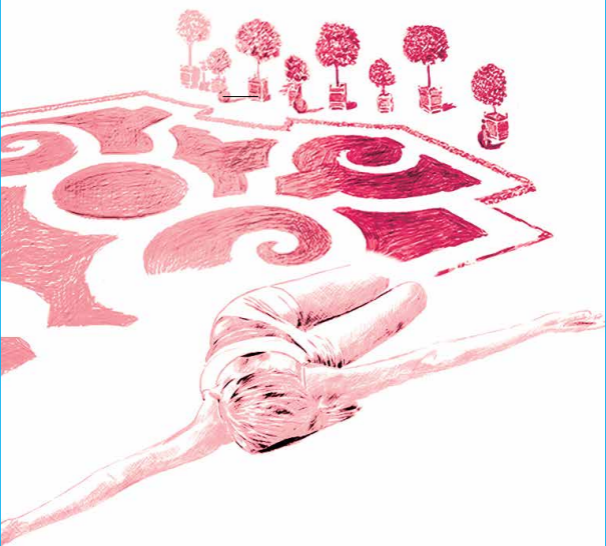
Find your balance. Straighten your legs further so that you feel the stretch in the backs of your knees. Hold the pose... Breathe. Slowly bend your knees, bring your arms down... Let go.

BENEFITS

MAKE YOURSELF BELIEVE YOU ARE WEIGHTLESS

Bring lightness to your legs and relief to your ankles. Exactly what you need after a day of running around town.

A modern work of art set in the classical eden of the Palais Royal. A series of columns, of different heights, cleverly lined up. You can step over them, sit on them or walk around them but you cannot possibly pass them by... Enjoy yourself as you rediscover a certain gracefulness.



JARDINS À LA
FRANÇAISE

THE LYING TWIST

- Lie on your back then turn onto one side
- Bend the upper knee and let it drop to the ground, in front of you
- Gently bring your back toward the ground with your arms in a T position
- Do not force your back down to the ground but rather, let the weight of your arm naturally soften your spine

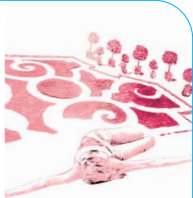
Reassume the original position and repeat on the other side.

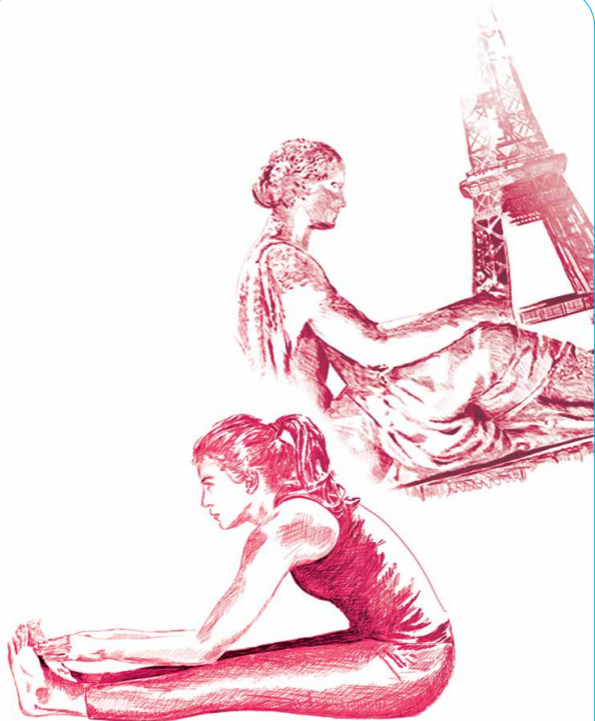
BENEFITS

USE YOUR WILLPOWER TO MAKE YOUR FLEXIBILITY BLOSSOM

Bring greater suppleness to your spine and help digestion.

An abundance of fountains, ancient statues and giant ponds await you at every turn. These timeless gardens are still filled with the spirit of the classical aesthetes. They chiselled and sculpted nature to create a graceful sanctuary. Show the same mental strength to mould your body.





TROCADÉRO

THE SEATED FORWARD BEND



- Start by sitting down with your back straight and your legs stretched out in front of you, knees slightly bent
- Lean forward to touch your toes with your hands
- Keep your back as straight as possible. If you can, straighten your legs while keeping your stomach close to your thighs

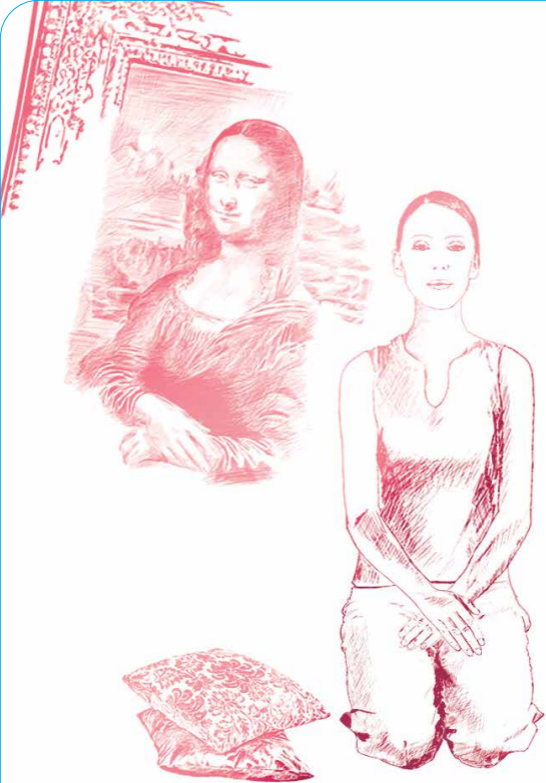
Do not force yourself into position. Maintain the pose. Sit up, do not start over. Sit cross-legged and breathe softly.

BENEFITS

GRACEFULLY FIGHT THOSE EVERYDAY IRRITATIONS

Relieve your hips, stimulate digestion, and reinforce your good posture.

Powerful and sensual, she miraculously holds her own in the face of the famous Iron Lady across the river. With grace and conviction, assert your determination to feel good.



LA JOCONDE

THE YOGA MUDRA DIAMOND POSE

- Sit on your heels, with your shoulders back and relaxed, your back straight and your stomach loose
- Place one hand on top of the other
- Breathe softly
- Let the muscles in your face relax
- Find your stability without exerting yourself

You will experience a rare and beneficial sense of harmony.

BENEFITS

SMILE AT YOUR INNER PEACE

Find a deep sense of calm which lasts throughout the day or night. Clarify your ideas...

Perfect for those emotionally charged stays. The enigmatic but kindly smile of the Mona Lisa leads us to introspection, her pure features, so brilliantly captured, encourage contemplation. An infinite source of serenity....





LE MOULIN
ROUGE

THE ROCKING AND ROLLING POSE

- Sitting, bring your knees in toward your chest and wrap your arms around your legs
- Round your back
- Inhale and roll backward with your chin tucked in
- Begin rocking freely and then return to a seated position
- Let yourself be lulled by these forward and backward movements
- Breathe slowly

Now that you've been massaged, lie on the floor and let the energy flow through you.

BENEFITS

EXPERIENCE A TURNAROUND IN YOUR VITALITY

Recover some pep thanks to a back self-massage, which is both relaxing and stress-reducing.

The Moulin Rouge sails twirl tirelessly, marking time through the Parisian night. They herald fun-filled nights for Music Hall lovers. Go to the Moulin Rouge and get into sexy shape.





FONTAINE DE LA CONCORDE



THE BIRD POSE

- Sitting, bring one leg forward and bend it with the knee on the ground
- Stretch the other leg behind you
- Find a steady position supporting yourself with your hands
- Lift your trunk, curve your chest and let your head fall slightly backward to open your rib cage



**Maintain the pose for a moment.
Carefully reassume the initial
position.**

BENEFITS

REVITALISE YOURSELF!

Breathe, breathe again and again, open your lungs and feel your spine getting more supple.

The fountains of the Concorde are stunning, especially when the rays of the sun make the jets of water shimmer and the gold sparkle. Tap into your inner source of energy and recover your fundamental fluidity.



PYRAMIDE DU LOUVRE

THE DOWNWARD FACING DOG POSE

- On all fours, push down on the soles of your feet
- Lift your hips up and straighten your back
- Let your head hang down and maintain this position for a short time
- Stretch the backs of your legs, bring your shoulder blades together and keep your back straight
- Breathe calmly

Bend your knees, your stomach resting on your thighs. Your blood begins to circulate normally again.



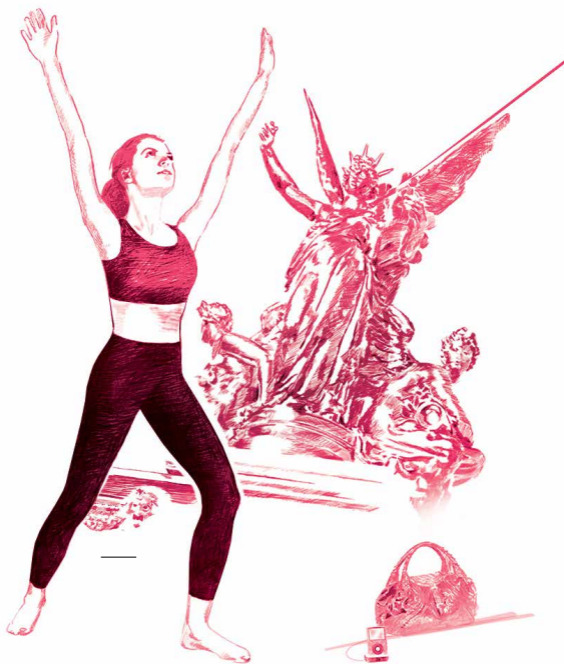
BENEFITS

REACH YOUR OWN INNER TREASURES

Feel energized as you stretch your back and legs.

In all of its transparent majesty, a pyramid stands discreetly in the middle of the main courtyard of the Louvre. It is through this unexpected entrance that you discover the myriad works of art that the Louvre has to offer.

Find the way to your own hidden treasures...



STATUWE DE
L'OPÉRA

THE MONKEY POSE

- One knee on the floor, the other bent in front of you, your torso straight
- Push up on your back leg to lift your knee off the ground
- Raise your arms, open your rib cage and relax your shoulders

Breathe deeply.

Do not overarch your back.

Repeat the position on the other leg.

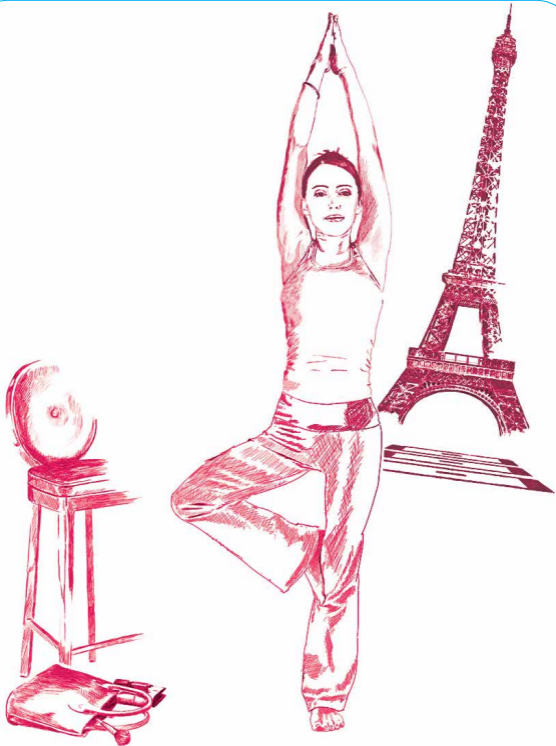


BENEFITS

MAKE YOUR INNER STRENGTH DANCE

Open your rib cage further and bring more flexibility to your hips.

Since the 19th century, the Opera Garnier echoes with the lyrical sounds of ballads and ballet. Be your own muse, express your creativity. The statues of the Opera are watching you perform. You too can be the incarnation of grace and vitality.

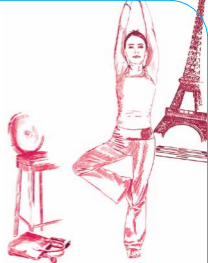


TOUR EIFFEL

THE TREE POSE

- Standing up steady on your two feet, look straight in front of you
- Your shoulders are relaxed, your back is straight
- Lift one leg placing your foot on the inside of the opposite thigh

Raise your two arms above your head and place your palms together. Breathe...



BENEFITS

SPARKLE AS YOU REDISCOVER THE ROOTS OF YOUR BALANCE

Stabilise your emotions, stretch your body and rediscover a lasting sense of peace.

You have seen it - you can't miss it - especially at night when it is proud and pretty in its blaze of lights. Get inspired by this imposing structure that defies balance as its legs dance on the shifting ground.