



# Yoga + Wellness

## BALANCING EFFORT & RELEASE

### Hello

I am Muka Chisaka, a certified instructor specializing in yoga and stress management. The techniques and practices I provide to clients and students focus on fostering harmony between rest and recovery. By engaging in intentional movement and mindful breathing, we nurture this balance, allowing us to connect with the flow of inspiration and productivity.

### Teaching Philosophy

As a certified yoga instructor, I have guided students from a variety of backgrounds through classes that range from restorative and gentle practices to dynamic vinyasa flows. My teaching philosophy centers on alignment, mindfulness, and accessibility—ensuring that every student feels welcomed and supported on their unique journey.

### Wellness Experiences

In addition to teaching, I have experience in curating wellness initiatives such as workshops, meditation sessions, and community events. These experiences not only enhance engagement but also help organizations stand out as vibrant hubs for growth and connection.



# Mindfulness + Mental Health

I offer evidence-based yoga and breath-work programs that can be integrated directly into your lifestyle , whether virtually or on-site, equipping you with practical tools to enhance mental and physical resilience.

Crafted specifically for high performance individuals, your yoga and mindfulness sessions are customized to meet personal needs.



**Harmonizing breathwork and movement to embody the sense of renewal and awakening within.**



Enhance

**CLARITY**

# A RESTORATIVE MIND & BODY EXPERIENCE

In today's fast-paced world, mental clarity and physical resilience aren't just nice-to-haves—they're must-haves for everyone to do and feel their best. That's why our yoga and breathwork programs are crafted specifically to fit your unique needs, helping you stay sharp, calm and grounded.

**Each program is tailored to meet the specific needs of your workforce, cultivating a culture of well-being that directly supports organizational excellence**

## PROGRAMS OFFERED

- ✓ Personal Coaching
- ✓ Group Training
- ✓ Guided Meditation & Breathwork

✉ **CONTACT**

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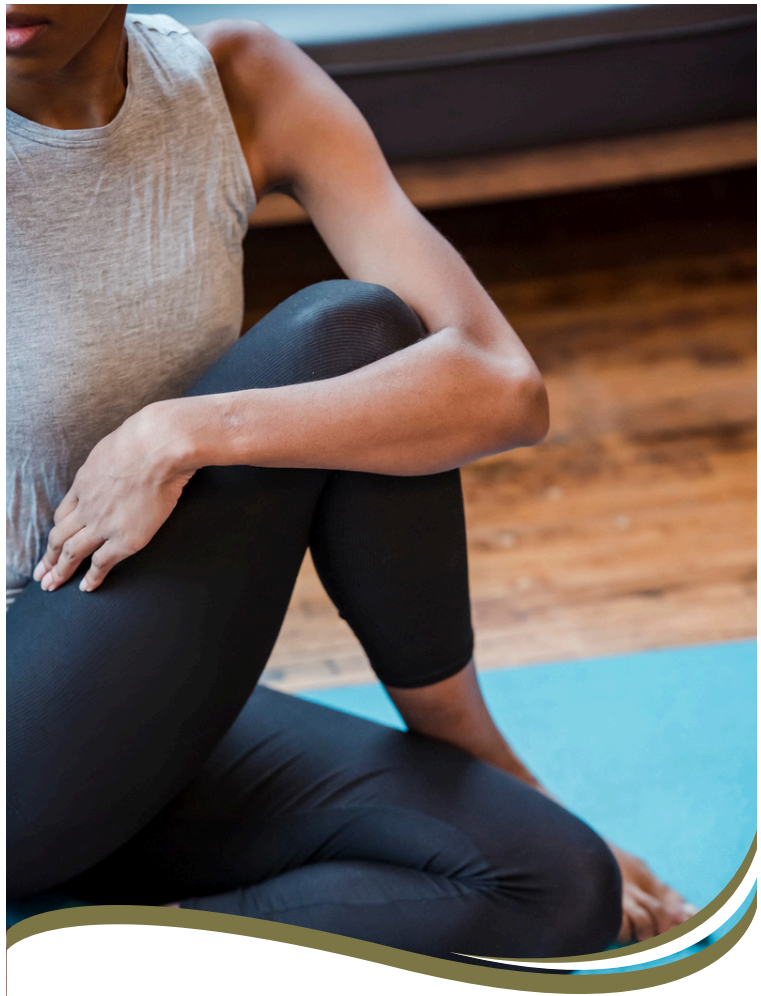


**CORE FOCUS**

# **RESTORATIVE YOGA**

## **MOBILITY & FLEXIBILITY COACHING**

**Grounding in peace  
and balance**



Join us for Class, a welcoming and inclusive environment perfect for beginners and those looking to deepen their mindfulness practice.

### **WHY CHOOSE OUR CLASS:**

- Suitable for Beginners
- Enhance Flexibility and Strength
- Calm Your Mind
- Improve Posture and Balance

➔ ***Reserve a session by contacting [muka@mukachisaka.com](mailto:muka@mukachisaka.com)***