

EMPOWERED MOVEMENT WITH ANASTASIA NEMEROVETC

Embark on a journey of movement and healing with Anastasia Nemerovetc, a distinguished practitioner in Pilates, Yoga, Neurology, and Meditation. Since 2015, Anastasia has inspired countless individuals worldwide through her holistic and spiritual practices, seamlessly integrating elements from neurology, fitness, Pilates, yoga, osteopathic techniques, meditation, Thai massage, and more. With each session, she aims to enhance your life's quality by refining the processes that govern it. Dive deep into movement, understanding your body, and unlocking profound inner joy.



SIGNATURE MOVEMENT CLASS

DUO: 60 MINUTES | QAR 1,700; 3 SINGLE CLASSES: QAR 2,700; 3 DUO CLASSES: QAR 4,500

60 MINUTES | QAR 950

Experience a unique concoction of yoga, Pilates mat, neurology, and biomechanics infused with osteopathy, breath work, and mindfulness. This transformative multi-level class tones muscles, boosts stretching abilities, and fosters mind control, all while rebalancing your parasympathetic system. Feel rejuvenated, centred, and balanced.

CORRECTIVE EXERCISE

Unveil the power of anatomy, neurology, and biomechanics to address movement imbalances. Perfect for postnatal recovery, injury rehabilitation, and alleviating pain from ailments like arthritis. The ultimate goal is to function better with minimal pain.

60 MINUTES | QAR 950

DISTRESS CLASS: VAGUS NERVE ACTIVATION

Counteract chronic stress by activating your Vagus nerve, a crucial component for calming your nervous system. Through a blend of exercises, breathing techniques, and Myofascial Release, feel serene, lighter, and happier.

60 MINUTES | QAR 950

DEEP BREATHWORK MEDITATION

Journey into relaxation and present awareness with a personalised breath work guided meditation, transitioning your brain waves from active to deeply relaxed. Experience stress reduction, detoxification, and a rejuvenated spirit.

**50 MINUTES | QAR 840
DUO: 50 MINUTES | QAR 1,500**

Every first class begins with Anastasia conducting a movement test to discern body imbalances, enhancing the class's results.

For bookings and enquiries, please dial 6900 or +974 4477 6555
Email: reservations@zulal.com