

VÉRONIQUE SCHEER

Véronique Scheer was born and raised in Luxembourg, has graduated in european law and technology, space and information law at the University of Luxembourg.

She has a background in dance, ranging from Modern dance, Jazz dance, Ballet, the Irène Popard method, Hip Hop to Salsa. She was certified in Thai Yoga Massage in 2006 in Chiang Mai, Thailand. In 2016, she was certified as Barre Trainer (a workout method based on Ballet exercises, Yoga and Pilates) in Mannheim, Germany and started working as a fulltime instructor at House of Yoga Luxembourg. In 2017, Véronique got certified in aerial Yoga (Fly High) in Luxembourg by a Balinese Yoga school and in 2018, she specialised in prenatal Yoga through a Canadian Yoga school. In 2018, she also certified as Ashtanga Vinyasa Yoga teacher with the All Yoga school in Thailand, Koh Phanghan (200hours Yoga Alliance accreditation).

She has held many Workshops and trainings to a variety of people ranging from Yoga, aerial Yoga and Barre at different studios, corporate Yoga, to Yoga for children in schools and high school. She stayed as a fulltime teacher at House of Yoga, Strassen until mid 2020, and then left to join the team of Grace Yoga in Hamm, where she still teaches a variety of different classes, and hosts a lot of Workshops and Trainings.

Véronique Scheer's **yoga classe** introduced to a series of Vinyasa Yoga flows, which combines a variety of dynamic advanced Yoga flows with meditation and breathwork.

All participants will discover how to unlock more self awareness, self discipline and self expression by connecting the breath, the senses, the body, mind and spirit, which is a perfect complementary practice for dance.

The flows series will prepare the dancers physically, mentally and emotionally for their days ahead. The flows could be classified as detoxifying, strengthening and designed to enhance flexibility and mobility. Her classes are known to be dynamic and creative with a pinch of spirituality.