







"Travelling Boholana Yoga Teacher" Learn from one of the most sought-after Yoga teachers in Bohol

Raisa Athena graduated from her 200-hour (July 2014) and 300-hour (August 2017) Yoga Teacher Training under Briohny Smyth and Dice Iida-Klein (with the rest of the Bryce Yoga and Beyond Bryce team) at the Absolute Sanctuary, Koh Samui, Thailand.

RATES ARE EXCLUSIVE FOR PURE SHORES VILLA GUESTS ONLY

Time: Sunrise or Early Mornings. Choose a time slot 7am-8am, 7:30am-8:30am, 8am-9am

Price per class: Php2,400 [1 to 5 students]

PACKAGE PRICES: 3 classes – Php6,500 (Php 2,167 per class)

5 classes – Php 9,600 (Php 1,920 per class)

7 classes – Php12,400 (Php 1,771 per class)

10 days - Php15,800 (Php 1,580 per class)



ABOUT RAISA

Raisa has been teaching classes and holding workshops around Bohol (Tagbilaran, Baclayon, Lila, Bilar, Loon, Panglao and Anda) since 2014, always aiming to make the classes challenging yet fun and, of course, safe all at the same time.

She has a passion for arm balances and inversions and loves incorporating them in her classes. She also loves the art of acro yoga as this practice takes you outside of yourself and gets you to connect with fellow yogis.

She has led many 108 Surya Namaskar (Sun Salutations) sessions firmly believing that a yoga practitioner gains more energy and mental fortitude to finish this moving meditation when practicing with a community. Her passion for yoga runs deep as she commits herself to a lifetime practice of yoga: educating herself continuously through classes, workshops, conferences and trainings. She believes wholeheartedly that her passion to teach and share the gift of yoga will last a lifetime.



