



Who wants some chocolate? It's here :-)

Yoga what? Is this serious?

What is Chocolate Yoga?

Here is a dialogue we captured between the two persons wishing to make out.

- - What did you say we do for Valentines day?
- - Chocolate, Chocolate Yoga!
- - Is this real?
- - Absolutely my love. We do to that ((sfdo-community-sprints|Get together event] hosted by some friends

The origins of Chocolate Yoga

This practice combines the wellness effect of yoga and the endorphines lift we feel when we taste chocolate. It facilitates relaxation, health and happiness.

Here is a Wikipedia link showing that chocolate along with figs, per example, are aphrodisiacs. Its a way to make your yoga practice delicious!

That's not real yoga

May be you think so. In fact, what does 'real yoga' mean? What is the difference between truth or non truth? This is what you have to ask yourself because, yoga is a 24/24 kind of thing or nothing.

Who is this Chocolate Yoga thing for

Everyone can attend except that we usually host this event once per year on the 17th of February or near that date.

How can we do real chocolate yoga

Go deep inside yourself, trust who you are and do something you never did, it's important to live a long life. To experience creativity at its utmost is makes one person whole and live.

The Ego



Who says that "yogis" must get rid of their Ego?

Anyway, many yogis have enormous Egos, and they take good care of them! The Ego should be at our service ;-) and not the other way around.
So, there you have it. You know everything about chocolate yoga except for one thing. You have to experience it!

Consultez les endroits ou des cours de yoga chocolats ont lieu (mise à jour selon le besoin)

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What is chocolate made of?

Chocolate contains antioxidant substances (flavonoids) found in cocoa. There are many properties associated with chocolate. Chocolate is good for the central nervous system (it can be addictive :-), for lowering blood pressure, dilating blood vessels, and is known to suppress coughing!

Info

To participate, first fill up this questionnaire

Are there any dangers?

No contraindications have been observed to date.

Why again should I take a class of Chocolate Yoga?

Because chocolate yoga helps those who practice it



What else

Here is the link that shows what was the first chocolate yoga event we ever hosted. Enjoy!

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Interesting links

If you see just this Master Chocolate page it means your missing something. First, tell us about yourself AND if you aready did, please contribute