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PRESS RELEASE FEBRUARY 2023

# Spa METROPOLE BY GIVENCHY

A sculpted body and a boosted mind thanks to ultra-dynamic Californian Yoga set to the beat of trendy playlists for an addictive feel good experience with the REBEL KARMA YOGA by Val Kahl at the Spa Metropole by Givenchy starting on February 15th!



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**REBEL KARMA  
BY VAL KAHL**

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Follow the footsteps of Halle Berry, Kendall Jenner, Beyonce, Jessica Alba, LeBron James, Tony Parker, David Beckham who reveal that they fully integrate yoga into their daily lives to release pressure, relax, and reach a certain harmony between body and mind.

From now on, it is no longer a secret that the recipe for staying young physically and mentally, flexible while boosting your metabolism is YOGA! Adopted by top athletes as a complement to their routine to increase their performance, endurance and reduce stress. But beyond traditional yoga, the Rebel Karma Yoga method based on Yoga Sculpt and Power Yoga incorporates weights to make you sweat, lose weight, regulate your blood sugar and most importantly feel INVINCIBLE! A 2.0 version of yoga and yourself!

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Who is the one who makes the whole Rocher sweat?

Val Kahl, the yoga coach that the whole Principality of Monaco has been clamouring for, is the one who will make you a devotee of this new type of yoga.

Val is a journalist, producer and presenter of Wellness and Lifestyle programmes on MyZenTV, focusing on the discovery of "positive living" in the American way. She also presented "Crazy America" on Auto Moto, a trip to the world of collectors and enthusiasts of exceptional cars in the United States.

It is in Los Angeles, where she settled for 7 years to create her production company, that Val Kahl, always on the lookout for new Californian fitness and well-being trends, will discovered what will become for her an addiction and a balance: YOGA Sculpt.

She obtained her certifications from the famous HOT8YOGA studio in Beverly Hills, which teaches classes in Sculpt, Power, Flow and Barre Yoga, sessions that are quite different, because without forgetting the Savasanas, spirituality and anchoring, the sessions also burn calories on catchy, sequenced and tailor-made playlists...

When she returned to France, the Californian producer put her media activities on hold and chose to spread her method in the Gulf of St Tropez and then in Monaco, becoming the coach of many celebrities and top sportsmen who only swear by her method.



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## REBEL KARMA BY VAL KAHL

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She moved to the Principality a year ago and created Rebel Karma, an innovative concept and philosophy, in contrast to traditional Zen and mystical atmospheres, where each class brings double the self-confidence, a taking or regaining of control over one's body and mind, as well as an explosion of dopamines and endorphines.

This hyperactive coach is now offering 50-minute sessions three times a week at the **Spa Metropole by Givenchy**.

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## THE METHODS

### REBEL KARMA ELIVE FROM L.A

For the most athletic, Val offers the RebelKarma Yoga signature, a punchy session that mixes Vinyasas, cardio, abs and core, calisthenics and pilates, with weights ranging from 1 to 3 kilos to keep burning for up to 1 hour after the class and spend about 600 calories per session. you learn to gradually push your limits to the sound of loungey, 70's and tribal playlists

You no longer have to choose between doing yoga to de-stress and fitness to lose weight! During a RebelKarma signature session, we focus on a complete activity that solicits all the muscles of the body, deep and superficial, while respecting the alignments. A dynamic and particularly intense muscle strengthening programme.



The gentler Yoga Flow is suitable for beginners with a very contemporary style of yoga in its practice and approach. Yoga Flow is characterised above all by its fun spirit, the anti-stress benefits of which appear quickly: an immediate feeling of well-being!

A rhythmic yoga where everything is based on creativity and on the energy that circulates during the session. On the music's beat, let the breath and the movements take possession of your body and your mind!

Detoxifying, energizing, relaxing, balancing, you take part in a real moment suspended in your daily life.

With the Flow, energy circulates and releases endorphins, the well-being molecule. All positive emotions are beneficial to your mind and body.

The Flow poses allow you to experiment and push you to try new poses!

It also helps you to feel more at ease and more connected to your body, while slimming and toning your figure.

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# THE BENEFITS

This physical approach to yoga aims to shape the body while boosting the mind. The RebelKarma Yoga signature creates long, lean muscles, burns calories and increases the metabolism. You gain physical strength and self-confidence! Not to mention the draining yoga postures, with their detox and anti-cellulite effect.

Yoga Flow has many physical, mental and emotional benefits. It is known to be particularly gentle and helps to improve flexibility and reduce back pain. As an added bonus, you will become more refined as the sessions progress. As for the mental benefits, Yoga Flow helps you to work on your concentration and to better manage your stress.

Why will you like the Rebel Karma method?

For the ultra dynamic side of Val Kahl's methods which takes you into a "4 in 1 yoga" (cardio, strengthening, stretching and meditation). Concentrated on the sequence of postures and breathing, you let go, forget all your worries, and of course you sweat. You come out of the class completely drained, relaxed, but also with a strong mind, thanks to the precious advice that Val distils wisely throughout the sessions. Here you strengthen both your body and your mind, and above all you push your limits. And it feels great!



## PROGRAMME

from 15 February to 15 May 2023

Tuesday, Wednesday and Thursday at 10:00 am

95 euros per person with access to the Heat Experience and the relaxation room

## FEBRUARY

Slim & Detox: Cardio Yoga to tone, shape and gain muscle

## MARCH

Strength and Core: muscle strengthening, especially for the abs.

Burn and flow: burn on Vinyasa combinations

## APRIL

Get Your Sexy Back: a full body workout to sculpt, slim and feel sexy.

Power & Detox: an intense session for an even healthier body and mind

## MAY

Summer body attack: to be at your best for the bikini season

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## RESERVATIONS :

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