

Yoga intensive week

January 23 – 27, 2017

Many of you have experienced the way Hatha Yoga helps relax the body and the mind through physical postures. The other classical yogas work similarly, but through different means to achieve the same goal. These different, but complementary aspects of yoga give us a fascinating and richer understanding of ourselves in everyday life.

Two such aspects are Niyama and Kriya Yoga. Niyama are observances, internal and external, that one can do to apply yoga in daily life. Kriyas are external and internal purificatory practises in yoga.

Suresh teaches yoga with easy and clear exercises in a simple and direct English. He has a gentle yet profound way of passing on his knowledge and understanding of yoga.

Courses:	07.00 – 08.15	Hatha Yoga
	08.30 – 09.30	Niyama
	18.00 – 19.15	Hatha Yoga
	19.30 – 20.30	Kriya Yoga
Fees:	Hatha Yoga (morning or evening)	CHF 130
	Niyama or Kriya Yoga	CHF 108
	Combination (morning or evening)	CHF 215



Registration: January Course 2017

	Hatha Yoga (morning)	Niyama	Hatha Yoga (evening)	Kriya Yoga
Name			
Full address			
Phone and e-mail			
Date	Signature	