

## Summer Yoga: July 10 – 14, 2017



Yoga means to unite and to connect. It helps to create greater awareness and connection to our self and to understanding one's life. Yoga's technique of self-discovery enables us to become a one whole within our self and in the outside, uniting our inner and external world.

The classical yogas focus on the strengths and weaknesses of our faculties by conscious development of our personality, to become an integrated whole, and to be joyful in living.

Courses:	07.00 – 08.30	Hatha Yoga
	17.00 – 18.00	Kriya Yoga
	18.15 – 19.45	Hatha Yoga

Fees:	Hatha Yoga (morning or evening)	CHF 140
	Kriya Yoga	CHF 108
	Combination	CHF 225



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### Registration: Summer Course 2017

Hatha Yoga (morning)

Kriya Yoga

Hatha Yoga (evening)

Name .....

Full address .....

Phone and e-mail .....

Date ..... Signature .....