

Yogaalaya Bern Suresh Kumar

Schlösslistrasse 15 ♦ 3008 Bern ♦ 079 122 50 40 ♦ www.yoga-bern.ch

Spring Yoga Course: April 8 – 12, 2019



Yoga means to unite and to connect. It enables greater awareness and connection to our self and to our understanding of life. The different aspects of yoga are there to integrate the different aspects of ourselves, to live joyfully and fulfilled.

Hatha Yoga helps relax the body and the mind through physical postures. Prānāyāma is conscious awareness of our breath, and Kriyas are external and internal purification practises in yoga.

Courses:	07.00 – 08.15	Hatha Yoga
	08.20 – 09.20	Prānāyāma
	17.00 – 18.00	Panchaswara Kriya
	18.15 – 19.30	Hatha Yoga
Fees:	Hatha Yoga (morning or evening)	CHF 130
	Prānāyāma or Panchaswara Kriya	CHF 108
	Combination	CHF 220



Registration: Spring Course 2019

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