

## Summer Intensive Yoga weeks 2021:

5<sup>th</sup> – 9<sup>th</sup> July and 12<sup>th</sup> – 16<sup>th</sup> July



Yoga unites and brings greater awareness and coherence to our being and to our life. The different aspects of yoga integrate the different aspects of our self, to live in harmony and joy.

Hatha Yoga harmonises the solar and lunar energies in us. Swara Yoga awakens us to our breath as life, and Nāda Yoga reverberates our sound to our being.

You are welcome to join either or both weeks, in the studio or online by links.

Courses:	07.00 – 08.15	Hatha Yoga
	08.20 – 09.20	Swara Yoga
	17.00 – 18.00	Nāda Yoga
	18.15 – 19.30	Hatha Yoga

		1 week	2 weeks
Fees:	Hatha Yoga (morning or evening)	CHF 135	CHF 240
	Swara Yoga or Nāda Yoga	CHF 108	CHF 195
	Combination	CHF 220	CHF 400

Please register by e-mail ([suresh.kumar@yoga-bern.ch](mailto:suresh.kumar@yoga-bern.ch)), indicating which week(s) and session(s) you wish to join, and if you will be attending in the studio or online.

---