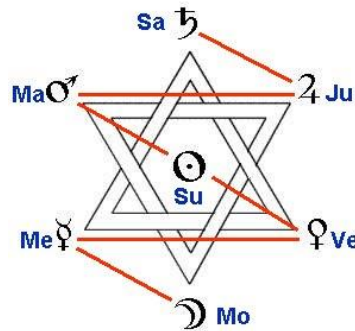


Summer Yoga: July 10 – 14, 2023



Yoga means to unite and to connect body, mind and spirit, which enables greater awareness of our self and of our understanding of life. Yoga's technique of self-discovery through self-practise helps us to become a one whole within our self and in the outside, uniting our inner and external world.

Courses:	07.00 – 08.30	Hatha Yoga
	17.15 – 18.15	Kriya Yoga
	18.30 – 20.00	Hatha Yoga

Fees:	Hatha Yoga (morning or evening)	CHF 145
	Kriya Yoga	CHF 115
	Combination	CHF 235



Registration: Summer Course 2023

Hatha Yoga (morning) Kriya Yoga Hatha Yoga (evening)

Name

Full address

Phone and e-mail

Date Signature