

Hatha Yoga Week: October 9th – 13th, 2023



Yoga is to integrate the body, mind and spirit. This comprises harmonizing the solar (<Ha> signifies sun) and the lunar (<Tha> stands for the moon) energies within us, for better awareness and a balanced outlook for living. Yoga's techniques of self-discovery through self-practise empower us to become wholesome.

Times: **07.00 – 08.30** Hatha Yoga
 18.00 – 19.30 Hatha Yoga
 In the studio and live streaming as well

Fee: CHF 145, morning or evening class
 Payment details: Kumar Suresh, Yogaalaya Bern, 3008 Bern
 IBAN: CH04 0900 0000 3067 4569 6

Registration: suresh.kumar@yoga-bern.ch