

## Summer Yoga: July 8<sup>th</sup> – 12<sup>th</sup>, 2024



Yoga means to unite body, mind and spirit, which enables greater connectedness to our self and to our understanding of life.

Yoga's technique of self-discovery through self-practise helps us to become an integrated whole within our self and in the outside, harmonising our inner and external world.

Courses:	07.00 – 08.30	Hatha Yoga
	08.40 – 09.40	Swara Yoga / Prānāyāma
	17.30 – 19.00	Hatha Yoga
Fees:	CHF 145	Hatha Yoga (morning or evening)
	CHF 115	Swara Yoga / Prānāyāma
	CHF 235	Combination

Payment:



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### Registration: Summer Yoga 2024

Hatha Yoga morning       Swara Yoga       Hatha Yoga evening

Name .....

Phone and e-mail .....

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