

Spring Yoga Week: April 7th – 11th, 2025



Yoga integrates the body, mind and spirit by harmonizing the energies within us, for better awareness, and a balanced outlook for a wholesome living. Yoga's techniques of self-discovery through self-practise enable us to adapt naturally to the cyclical rhythms of nature.

Uniting the solar <Ha> and the lunar <Tha> energies is Hatha Yoga.

Prānāyāma harmonises the masculine and feminine energies in us. The balancing of these energies alleviates the Doshas of the individual, giving the gift of holistic health.

Courses:	07.00 – 08.30	Hatha Yoga
	08.40 – 09.40	Prānāyāma
	18.00 – 19.30	Hatha Yoga

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

Payment:



Registration:	by e-mail	suresh.kumar@yoga-bern.ch
	by phone	079 122 50 40