

Summer Yoga: July 7th – 11th, 2025



Yoga is to enculturate in our consciousness the integration of the trinity of body - mind - spirit, and of existence - nature - cosmos, which enables greater coherence to our self and to our fulfilment of life.

Yoga's technique of self-unfoldment 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



Registration

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