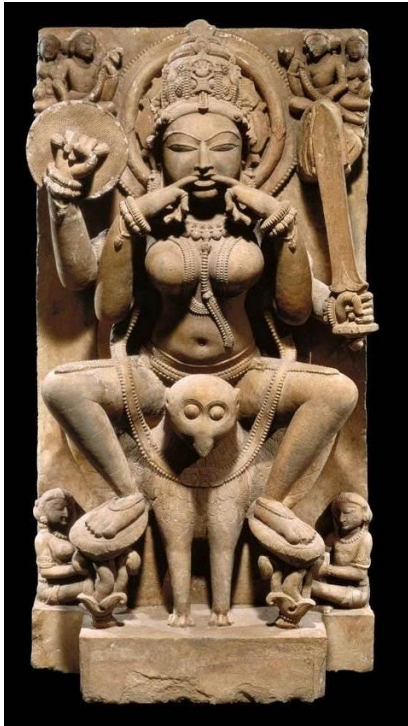


## Summer Yoga: July 6<sup>th</sup> – 10<sup>th</sup>, 2026



Yoga integrates body, mind and spirit. Sri Aida Pada Yogini, one of the 64 Yoginis, symbolizes Yoga practices for harmonizing and balancing the body's energies. She represents a potent synthesis of divine wisdom, protection, and spiritual growth, guiding those striving for material prosperity, mental wellbeing and inner transformation through Yoga practices.

Sri Aida Pada Yogini, Rikhyam Temple, Uttar Pradesh

Courses:	07.00 – 08.30	Hatha Yoga
	08.40 – 09.40	Swara Yoga / Prānāyāma
	18.00 – 19.30	Hatha Yoga
Fees:	CHF 145	Hatha Yoga (morning or evening)
	CHF 115	Swara Yoga / Prānāyāma
	CHF 235	Combination

Payment:

