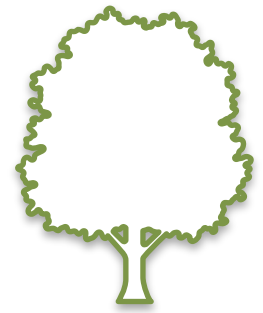


Yoga Beginners Workshop

Every tree comes from a small seed, before it grows into something strong, rooted and amazing.



Did you always want to try yoga?

You can take this opportunity on **Saturday, 15 February 2020** from **9:30 - 12:00**.

In this two and a half hour workshop, Rama and Anita will show you where yoga actually comes from and you will learn the basics of postures (Asanas), breathing techniques (Pranayama) and Yoga Nidra (deep relaxation for body and mind).

Programme

- Welcome round
- Yoga Basics - what is Yoga?
- Pranayama
- Asanas
- Short break
- Yoga Nidra
- Closing round

After this workshop you will have the basics to participate in our weekly yoga classes with confidence and good motivation.

Bring along

- Comfortable clothing/sports pants
- Something warm to put on for the Yoga Nidra sequence

Price

CHF 70.00

Participants

The workshop takes place from 5 upto a maximum of 12 participants

Registration

me@ramski.net

Website

<http://ramski.net/Yoga.html>