



Welcome Back, Sun

~108 Sun Salutations~

Monday december 17

17:00-19:30

Join Anne and Kristine for a great evening greeting the return of the sun the best way possible, with a 108 Sun Salutations!

This class is for absolutely all levels of yoga practitioners, and we promise we'll guide you through a fun, challenging, and meditative practice. Oh, and you get a little gift at the end of class.

There will be a short introduction on the auspicious number 108, small breaks between the flows, and the sweetest savasana you've ever had!

investment

290,- members
370,- non-members



registration

send an email to
aterrayoga@gmail.com

www.terrayoga.no ~ aterrayoga@gmail.com