



classes with anne  
E-RYT500

## every monday, starting september 2

### 17:00-18:15 basic

We will explore the basic principle of alignment and breathing for a fun and safe practice. As you learn or refine your knowledge of the most common poses, you will also be exposed to the philosophical concepts behind the practice of yoga.

This class is suitable for those who are rather new to yoga. More experienced students who want to refine and deepen their knowledge are also encouraged to join.

### 18:30-19:45 vinyasa

This fluid practice that connects movements and breath is based on unique and varied sequences preparing the body and the mind for the peak pose of each class. You will build physical and mental strength and flexibility. More challenging poses will be decomposed into gradual stages so that everyone can work at their own level.

This class is suitable for those who have practiced regularly for at least 6 months.

### INVESTMENT

drop in      250 NOK  
5 classes    950 NOK  
10 classes  1750 NOK

### LOCATION

Ila Frivilligsentral, Ilevollen 15