

BEGINNER SERIES

with anne devismes, E-RYT500



Pic.: Ola Fredin

march 2-30 - mondays 18:25-19:40

With a strong educational purpose, this introductory course gives you all the skills and knowledge you need to start on your yoga adventure.

You will learn the basic yoga poses and breathing techniques and be exposed to some of the philosophical principles underlying the practice of yoga.

You will leave each session with more confidence about yoga techniques and feeling uplifted and serene.

INVESTMENT: 1150 NOK

REGISTRATION: aterrayoga@gmail.com

Joining this course gives you
20% off any future membership.

Registration is binding. No refund for cancellation after 2.01.20.

www.terrayoga.no



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