



BEGINNER SERIES

ANNE DEVISMES, E-RYT500

april 29 - may 27

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 membership.

Registration is binding. No refund for cancellation after april 12.

www.terrayoga.no



Ladeveien 9, Lilleby