

BEGINNER SERIES

with anne devismes, E-RYT500



Pic.: Ola Fredin

september 2-30 - wednesdays 17:00-18:15

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.

The class size is limited to 10 participants, which makes it possible for you to receive the personal help and guidance you might need.

PRICE: 1000 NOK

REGISTRATION: aterrayoga@gmail.com

Registration is binding. No refund for cancellation after 15.08.20.

www.terrayoga.no



Innherredsveien 48