

series

october 15 – november 12
mondays, 18:25-19:40

beginner

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.

www.terrayoga.no ~ Ladeveien 9

