

terra yoga



free classes

discounts

open day

sunday august 12

Join one or two or all classes to get a taste of the different styles and to meet the fantastic teachers who will guide you through your practice this autumn.

Great discounts when you participate in at least one class and purchase your membership on that day:

NEW MEMBERS: **15%** off on punch cards and unlimited memberships

CURRENT MEMBERS: **100 NOK** off your next membership when you bring a friend and **15%** off for your friend.

SCHEDULE

10:00-10:45	hatha	Anne
11:00-12:00	vinyasa intermediate	Pia Lise
12:15-13:15	restore and nidra	Kristine
13:30-14:15	pilates	Jessica
14:30-15:30	vinyasa all levels	Elinor
15:45-16:45	yin	Yvonne
17:00-18:00	power flow	Elin-Kristin

www.terrayoga.no ~ info@terrayoga.no