

Yoga for Beginners Workshop

Sunday, Jan 11, 2015
14:00 – 16:00

@ Niyama Yoga, Basel
with Martin & Vanessa



Come explore the yoga 'essentials' in a fun and supportive workshop focused on providing those beginning their yoga journey with a solid foundation to build on.

We will spend time on the fundamental poses and sequences you'll find at the core of most yoga classes, such as downward facing dog, warrior poses and sun salutations, so you feel confident and prepared to take the next step.

We will also cover topics central to growing a solid yoga practice: tips for alignment and modifications to suit your body; connecting breath and movement; and techniques for relaxation and quieting the mind.

Location

Niyama Yoga, Falknerstrasse 35
@ Barfüsserplatz, Basel
www.niyama-yoga.ch

Registration

info@niyama-yoga.ch

Language

English & German

Level

Beginners

Price (incl. all yoga equipment)

CHF 50

CHF 30 Niyama members

What to bring

Just your yoga clothes