



yoga for women
saturday
17th may
4pm - 6pm

beautiful practice for women
for all the phases of our lives

strong yet soft

yoga opens up your energy
your body feels strong and healthy

sleep better
breathe better
your organs begin to function better

discover stability and confidence
your strength from the source of your energy

from stress and burn out to integrated loving wholeness
balancing inner and outer life

some time for you
peaceful stillness

asana pranayama meditation
everyone is welcome

