



Arm Balance Workshop

with Kathrin

When: Sunday, March 26, 10.30-12.00

Where: Niyama Studio, Falknerstrasse 35, 4001 Basel

Costs: CHF 40 / CHF 30 for unlimited Abos and students

Balancing on our hands is a fun and empowering part of yoga asana. In this workshop we will prepare our bodies by strengthening the upper body, core work and hip openers in order to build the foundation for strong arm balances.

Suitable for beginners and advanced yogis - build your confidence, have fun, and be ready for some breakthroughs!

