

Find your Flow

An afternoon of unlocking your potential to move with ease and flow.

Discover how you can:

- * Shift your focus from **ACHIEVING** a posture to **ENJOYING** the process.
- * Create **SPACE** in your mind and body to overcome rigidity and stiffness.
- * Find **FREEDOM** and **EASE** of movement on your mat and beyond.

Where:

Niyama Yoga & Pilates
Falknerstrasse 35

Date: Saturday, 23 Nov. 2024

Time: 13:30-15:30

Price: CHF 40/35 regular/student

Language: English

Register at:

flowmotionwithmarie@gmail.com

The workshop takes place with at least 6 participants.