

YOGA & SOUNDS

YOGA CLUB

POWER YOGA & ELECTRONIC SOUNDS
BY MARTINA & ZAHRA

31.10.24 | 28.11.24 | 30.01.25

MOVEMENT - BREATHING - MIND - SPIRIT

We start with meditation, slowly get moving, get dynamic and end in shavasana. Get ready for a spicy power flow led by Martina and electronic livesounds performed by Zahra.

@BASSO | Elsässerrheinweg 101 | 4056 Basel

THURSDAYS 18.00h - 19.15h

- With sign up only: martina.schaub@hotmail.com
- All levels welcome - some basic experience is recommended
- min. 8 people
- Language: English
- Price: 40CHF
- Reduced price: 30CHF Niyama unlimited Abo + Students