

YOGA & SOUNDS

sunday || 23. october || 19.30-21.00Uhr

by Martina and Namastra

Vinyasa Yoga is a flowing style of yoga that combines movement, breathing, mind and spirit. Dive deeper into your practice and consciousness carried by subtle sounds to dynamic compositions. Experience live music, that changes the energy flow in a yoga class. We'll start with meditation, slowly get moving, get dynamic, work up a sweat and enjoy a long cool down.



- 15 limited spots! (if more people sign up, there will be a second session from 17.00-18.30h)
- with sign up only: martina.schaub@hotmail.com
- minimum: 8 people
- price: 40CHF/30CHF Niyama unlimited abo + students
- language: english (kontaktiere uns, falls du kein Englisch verstehst)
- all levels are welcome

Niyama Yoga Studio Basel, Falknerstrasse 35