

YOGA & SOUNDS

sunday || 16. april || 17.00-18.15Uhr

by Martina and Bilge

Vinyasa Yoga & Handpan

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 handpan sounds to dynamic compositions. Experience live music, that changes the energy flow in a yoga class.

We start with meditation, slowly get into movement, become dynamic and end in savasana.



- all levels are welcome
- with sign up only: martina.schaub@hotmail.com
- minimum: 8 people
- price: 35CHF/25CHF Niyama unlimited abo + students
- language: english (kontaktiere uns, falls du kein Englisch verstehst)

Niyama Yoga Studio Basel, Falknerstrasse 35