



# AWARENESS YOGA

AWARNNESS YOGA goes beyond a beautiful posture.

It is a way of living, in which we allow ourselves to connect with our essence.

Head towards that state in which we all want to live, a state of mental stillness, calm, harmony, inner peace, where everything is calm.

Your physical condition or your age does not matter. Pregnant women and older people also enjoy this yoga. It only matters what happens inside you.

Allow yourself this space of enjoyment and connection with yourself.

WHAT DO YOU NEED	SCHEDULE	PRICE
We have everything, but you can bring whatever you want	Monday and Wednesday	18.00 to 19.30
	Tuesday and Thursday	20.00 to 21.30
	Tuesday and Thursday	9.30 to 11.00
		45 €/month 7 €/class