

Movement – Breathing – Body Awareness

Welcome to our yoga-classes for female refugees

from August to December 2018



What we offer: simple and elementary movements, no extra skills required, can be practiced by everybody, no previous knowledge required

No costs, no fees!

For whom: groups of 6 - 10 female refugees

How often: once a week for one hour class

Monday from 14 - 15 Lesson with Barbara
from 13th of August to 3th of September and
from 22th of October to 17th of December, 13 times

Thursday from 14 - 15 Lesson with Therese and Marisa
from 16th of August to 27th of September and
from 18th of October to 20^h of December, 17 times

Where: Lotos Yogazentrum, Rütimeyerstrasse 40, 4054 Basel,
bus 34 stops near the house at Rütimeyerplatz

Please bring or come in casual clothes which allows you to move and stretch out

Contact and Management:

For Thursday: Marisa Nussbaumer, info@yogasiram.ch, 061 321 18 48

For Monday: Barbara Zbinden, zbinden.babs@bluewin.ch, 079 707 66 91