

# Movement – Breathing – Body Awareness

Welcome to our yoga-classes for female refugees

from January to June 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 18<sup>th</sup> of January to 19<sup>th</sup> of March, 9 times  
cancelled on 12<sup>th</sup> and 19<sup>th</sup> of February

**Thursday from 14 - 15 Lesson with Therese and Marisa**

from 11<sup>th</sup> of January to 28<sup>th</sup> of June, 20 times  
cancelled on 15<sup>th</sup> and 22<sup>th</sup> of February, 29<sup>th</sup> of March, 5<sup>th</sup> of April, 10<sup>th</sup> of May

**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](mailto:info@yogasiram.ch), 061 321 18 48

For Monday: Barbara Zbinden, [zbinden.babs@bluewin.ch](mailto:zbinden.babs@bluewin.ch), 079 707 66 91