

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 18th of January to 19th of March, 9 times
cancelled on 12th and 19th of February
and from 4th of April to 25th of June, 11 times

Thursday from 14 - 15 Lesson with Therese and Marisa

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

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

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