

Movement – Breathing – Body Awareness

Welcome to our yoga-classes for female refugees

from August to December 2017



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 10 female refugees

How often: once a week for one hour class

Monday from 16 – 17 in the afternoon Lesson for Women and Girls
from 14th of August to 25th of September 2017, 7 times

Tuesday from 10 – 11 in the morning Lesson for Women
from 15th of August to 19th of December 2017, (cancelled 1th and 10th of October), 17 times

Thursday from 14 - 15 in the afternoon Lesson for Women
from 17th of August to 14th of December 2017 (cancelled 5th and 12th of October), 16 times

Where: Lotos Yogazentrum, Rütimeyerstrasse 40, 4054 Basel,
bus 34 stops in front of the building

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

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