

# Movement – Breathing – Body Awareness

Welcome to our classes for female refugees **from May to June 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 8<sup>th</sup> of May to 26<sup>th</sup> of June 2017 (cancelled 5<sup>th</sup> of June), 7 times

**Tuesday from 10 – 11 in the morning Lesson for Women**  
from 2<sup>nd</sup> of May to 27<sup>th</sup> of June 2017, 8 times

**Thursday from 14 - 15 in the afternoon Lesson for Women**  
from 27<sup>th</sup> of April to 29<sup>th</sup> of June 2017 (cancelled 25<sup>th</sup> of May), 9 times

**Where:** Lotos Yogazentrum, Rüttimeyerstrasse 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**

**Contact and Management:** Marisa Nussbaumer, [info@yogasiram.ch](mailto:info@yogasiram.ch), 061 321 18 48, Rosmarie Herczog, [lotos@bluewin.ch](mailto:lotos@bluewin.ch), 079 319 28 42, dipl. Yogalehrerinnen YS