

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 8th of May to 26th of June 2017 (cancelled 5th of June), 7 times

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

Thursday from 14 - 15 in the afternoon Lesson for Women
from 27th of April to 29th of June 2017 (cancelled 25th 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, 061 321 18 48, Rosmarie Herczog, lotos@bluewin.ch, 079 319 28 42, dipl. Yogalehrerinnen YS