

Movement – Breathing – Body Awareness

Welcome to our yoga-classes for female refugees

from January to June 2019



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

Thursday from 14 - 15 Lesson with Therese and Marisa

from 10th of January to 28th of February

from 21th of March to 11th of April

from 2th of May to 23th of May and from 6th of June to 27th of June

Where: Lotos Yogazentrum, Rütimyerstrasse 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:

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