

Mondays during the lecture period
19.30-20.45
Länggassstrasse 41, 3012 Bern

YOGA

*Meditation,
movement
and
relaxation*

Yoga is a wonderful tool for looking inwards. In my classes I offer a mixture of traditional Hatha Yoga and dynamic elements of Vinyasa Yoga. You are welcome to join at any time. Please bring comfortable clothes!

Instructor: Nora Jäger,
Psychologist MSc and yoga
teacher

You can get non-binding
information at
nora.jaeger@gmx.ch

Free of charge for students!