

Yoga



Yoga and meditation enable a completely different view of life, the world and oneself - the view from oneness.

Participation is possible for everyone at any time. Please bring comfortable clothing!

Leader: Nikolaos Fries, yoga teacher

Tuesdays 6.15 - 7.30 p.m.

Fridays 9 - 10.30 a.m.

Länggassstrasse 41, 3012 Berne