

Introduction to Yoga

- What is yoga?
- What really happens when i practice asana? (postures)
- Why are there so many different styles of yoga?
- What are the different styles of yoga, and what style should i practice?
- Is yoga meditation or breathing or



Ever wondered all these questions? Come to find the answers on

18th October 2017

18:00 to 19:30

Price: 250 Kc.

Yogashala Brno, Hybešova 18, 602 00, Brno-střed - Staré Brno.



Introduction to yoga in english with Himani, a yoga teacher (ERYT500) from India with 13 years of experience. She has done her education from various yoga schools in India, The Yoga institute and sivananda Yoga to name a few. to know more about her log on to www.samtayoga.com. The class will include a short Introduction to yoga followed by posture (asana) practice and scruptious indian all you can eat snacks at the end of the session. the session will last 90 minutes.

