

KörperManagement®



„Hatha-Yoga“ with Uliana

Duration: 70 min. per unit

When: Wednesday at 5.30 pm

This smooth and gentle practice is dedicated to strength your body and relax your mind after a long working day!

UliYoga is certified Hatha Yoga with Vinyasa elements.

Each class includes active training of asanas (postures) and few minutes of meditation and breathing exercises. At the end you will get a small massage of the neck and shoulders with lavender oil.

Language: English

Levels: All levels. Beginners are welcome

Course fee: 14 - € per unit. Drop-in class: 8 - €

KörperManagement® KG

Geschäftsführer: Alexander Gimbel

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