

Yoga for your health and wellbeing

WEDNESDAY JUNE 22
17-18.15



I invite all guests and Jyväskylä citizens to a yoga masterclass based on the secret Tibetan system of yoga and meditation.

- Yoga exercises in a comfortable format
- Breathing practices
- Unusual meditative experience
- Diving into the depth of your own mind

Mattilanniemen viheralue, treffit jäätelökioskilla /
Mattilanniemi green area

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GLORIA