

Mindful MoVeMeNT classes (E/D)

every thursday

8:20 - 10:00pm

@ Kammistrasse 11, Interlaken-Ost

im Studio des Swiss Koong Joong Hap-Ki-Do



We get together to move & connect through:

YOGA

mindful movement exploration

PARTNERYOGA & -EXERCISES

HANDBALANCES + FUN

ACRO YOGA (the whole spectrum from the solar to the lunar to massage)

MINDFULNESS MEDITATION

Contact:

Fabienne Egger

079/724.75.45 (sms)

www.yogawithfabi.com

THE CLASS

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Warm-up & Tuning in with Yoga

Connecting with PartnerYoga

Strengthening with Partnerexercises

Play and building trust with AcroYoga

Cooling down with a Thai- fly, thai- massages and mindfulness meditation

Guided by Fabi & Friends  
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Bring:

- * comfy clothes (not too loose)
- * re-usable waterbottle
- * good curious attitude
- * your self and if you have one bring your yogamat
- * maybe an idea for partner exercise or acroyoga pose or music suggestions ;)

Contribution:

Chf 10.- p/P

Level:

All levels welcome
No injuries please

Sign UP:

Confirm on the facebook event or send me a message 079/724.75.45

Questions at me ;)

We are looking forward to have fun with you

