

## Anusara Yoga Sept. 1st-Dec. 22nd

**Monday** 10:00-11:30 Basic/Intermediate

**Tuesday** 18:15-19:45 Intermediate Flow

**Thursday** 19:45-21:15 Basic/Intermediate

**Friday** 10:00-11:30 Inter/Advan. Rockin

**Sunday** 19:00-20:30 Candlelight Flow Basic

**Prices:** chf. 25 student, single class chf. 35, 10 class Abo chf. 300, 20 class Abo. 550. First Timer chf. 25

**Basic/Inter** Easy to Medium pace, students get stronger in basic asanas. Working on fundamentals

**Intermediate** Students are challenged in a medium-hard level flow w/ backbends, arm balances & inversions.

**Jeff Fisher Certified Anusara Yoga Teacher**

For more on retreats and workshops & Immersions visit:

[www.yogijeff.com](http://www.yogijeff.com)

Mobil 079 425 7032 [yogijeff@mac.com](mailto:yogijeff@mac.com)

All classes at **YogaNation Seefeldstr. 7a** Located accross from Tibbis. With a unique yoga boutique and more!