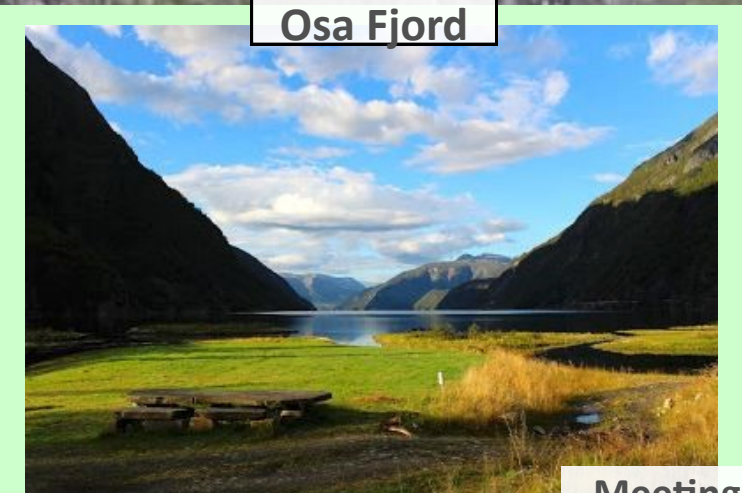


GENTLE YOGA in ULVIK
EVERY SATURDAY IN JULY AND AUGUST
13-07, 20-07, 27-07, 03-08, 10-08, 17-08, 24-08
Hop-in at any date you choose, always from 11.00 till 13.00

NATURE YOGA in OSA
EVERY SATURDAY IN JULY AND AUGUST
13-07, 20-07, 27-07, 03-08, 10-08, 17-08, 24-08
Hop-in at any date you choose, always from 16.00 till 18.00



Ulvik Strand Fjordhotel



Osa Fjord

Meeting point
HOTEL RECEPTION

Meeting point
OSA KAFEEN



Devika Fossen
Professional Teacher

The classes are "HOP-IN". This means that you can pick any date you wish and experience a yoga class whether you are a beginner or experienced.

You can attend several dates or mix classes in Ulvik and/or in Osa. If you attend more classes, Devika will have attention for the progress you make and follow up on a personal base.

RELAX

ENJOY

GENTLE YOGA...

During the first session we get a gentle warm up with focus for breath, alignment of the body, finding core strenght and deep relaxation. Followed by a more dynamic session with "sun salutations", build-up to peak positions and deep relaxation in the end of the class. Suits all bodies and ages.

NATURE YOGA...

helps to restore body and mind and to become more aware, using nature as mirror. You will learn the basic principals of breath and biomachanics to align the spine in a correct way and fire up corestrenght. We will work with the elements air, fire, water and earth. This workshop is designed for every kind of body and age group, we move slow, from there we flow...

FEEL

BREATHE

SUMMER YOGA

LISTEN

FLOW



BOOKINGS
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