



# HATHA YOGA PRANAYAMA MINDFULNESS

**When:** Wednesday 7.00 p.m.  
**Where:** Säali 2, Erbkönigweg 30  
**Start:** February 12th 2025  
**Price:** 15.00 CHF/Euro  
**Age:** 18 and above  
**Book your Spot at:** [www.urbanyogi.ch](http://www.urbanyogi.ch)

**Free Trial Class**

