



# HATHA YOGA PRANAYAMA MINDFULNESS

**When:** every Wednesday at 7 p.m.  
**Start:** 4th February  
**Where:** Säali 2, Erbkönigweg 30  
**Price:** 20.00 CHF/Euro  
**Age:** 18 and above  
**Book your Spot at:** [www.urbanyogi.ch](http://www.urbanyogi.ch)

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