

Partner yoga workshop with L&L

(with Lenka Nezvalová & Lucie Königová)

Where: Lotus centre, Dlouhá 2 (4th floor)

When: 1st March 2009, 10.00 - 13.00

Cost: CZK 400



Uniting in posture with a friend or someone you have just met deepens our understanding of yoga & our awareness of others. Yoga-ing with a partner breathing together, guiding & supporting one another is a creative and playful journey that connects us to each other. As we learn about each other's differences, we discover our inherent similarities.

Booking, info and payment

You are welcome to bring your friend / partner or come on your own.

Please bring your own mat.

To ensure your place you can register via e-mail: yogaeventsprague@gmail.com

Payment due on Friday 20th February 2009

Bank account: Lucie Königová, 3224628001/5500, variable symbol: 0309