

Yoga with Miriam

at Glenbeigh Communiy Center



Yoga for Everyone

Every Wednesday, 8:00 – 9:00 p.m.

Hatha oriented Yoga, which connects you to your body and mind.

Sign in via WhatsApp Group:

<https://chat.whatsapp.com/Bbeevw7JaALFKVAvbvl95j>

12 €
per session



Yoga Special - Train your Back

Wednesday, 6:30 – 7:45 p.m.

For 6 weeks: 22.2. / 1.3. / 8.3. / 22.3. / 29.3. / 5.4.2023

Hatha oriented Yoga, which trains your back and mind.

Sign in via Email to trafo@posteo.net

125 €
for 6 weeks



Yoga Balance Workshop

Sunday 16.4.2023 from 2:00– 5:30 p.m.

A powerfull workshop which brings your mind and body back in balance. Get inspired by Yoga, meditations and emotions.

Sign in via Email to trafo@posteo.net

85 €



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inside to outside - <https://turtletrafo.de/en/>

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