



YOGA IN DAILY LIFE KARLOVAC PROGRAM

Karlovac, Jastrebarsko, Duga Resa

For the occasion of the first International Day of Yoga we will introduce some traditional yoga programs to the general public. Our wish is to enable everybody to feel the benefits of yoga - this holistic system for regaining well-being and achieving harmony with one self as well as with the whole environment. By experiencing the power of very simple movements performed mindfully everybody can witness for themselves its great and beneficial influences on body, mind and consciousness, no matter of previous experience, attitudes or prejudices.

Free yoga classes for the whole week June 15 till June 21

Just come along and take some comfortable practicing clothes with.

You are welcome to drop for various yoga lessons according to system Yoga in Daily Life, running in following shifts:

Karlovac, "Sri Devpuriji Ashram", Obala Vladimira Mažuranića 1 / 2

June 15, June 16, June 17 and June 18

- 6.00 -7.30 pm and 7.30 – 9.00 pm

Karlovac, TK "Prana", Senjska 59, June 19, 5.45 - 7.15 pm

Jastrebarsko, Tome Mikloušića 4, June 15 and June 18, 6.30 - 8.00 pm

Duga Resa, Pučko otvoreno učilište, Trg s. Jurja 3, June 18, 7,00 - 8,30 pm

Free yoga classes in nature June 21

Jastrebarsko, Park Erdody 11.00 - 12.00 am

Karlovac, Vrbanićev perivoj, 10.00 - 11.00 am

Lecture and exercise presentation, vegetarian snack June 21

Karlovac, "Sri Devpuriji Ashram", Obala Vladimira Mažuranića 1 / 2 7.00 - 9,00 pm

Welcome!

"Yoga is infinite, eternal and endless. Yoga is the consciousness that never sleeps, the life that never dies, the light that shines forever, within you and around you, without beginning and without end."

Vishwaguruji