



YOGA IN DAILY LIFE

PULA

PROGRAM

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:

Aikido club Pula, Kraška 19

June 16 and June 18, 7.00 - 8.00 pm

June 17, 9.00 - 10.00 am

Free yoga classes in nature June 21

Park forest Šijana, 9.00 - 10.00 am

Workshop "Vegan & Raw - Fruits of Sun and Earth" June 21

Please announce your coming on 098-9597 336

Video "Yoga in Daily Life - The system" and meditation June 21

Laginjina 3 od 19,00 - 20,00

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