

YOGA **WORKSHOP**

**AWAKEN YOUR BACK
RELEASE YOUR ENERGY!**

FRIDAY

4

APRIL

2025

18:30
*

20:30

CHF 50

AKTA YOGA
RUE DE L'AVENIR 16, 1207 GENÈVE

18:30

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20:30

AWAKEN YOUR BACK, RELEASE YOUR ENERGY!

The spine is the pillar of our vitality. In yoga, we lengthen and mobilize it to free the nervous system, improve alignment and balance tension. By working from the extremities towards the center, we promote better circulation of energy and movement. Through precise work on the back, we give the spine more freedom and resilience, for a supple, powerful and pain-free back.

Come join **Lucinda and Virginie** for an engaging workshop at:

AKTA YOGA

RUE DE L'AVENIR 16, 1207 GENÈVE

REGISTRATION :

CHF 50

www.yoga-with-lucinda.com