

## Ayurveda Yoga



Ayurveda Yoga with  
**Dawn Leiggener**

Always on Wednesday, 6 - 7.15 pm

## Ayurveda Yoga

These classes are inspired by the teachings of Ayurveda and cover the basics of yoga. Classes take on an either gentle or active, but always meditative approach for the rejuvenation of body and mind, throughout each season.

This classical yoga practice links poses to breath and focusses on revealing body awareness, inner strength and easeful opening. Breath work, meditation and relaxation are all designed to help you find balance and flow in harmony to the changes around you.

All levels welcome.

## Infos

### Dates

**Wednesdays 6 - 7.15 pm**

Sept 11, 18, 15

Oct 2, 9, 16, 23, 30

Nov 6, 13, 20

### Instructor

Dawn Leiggener, certified Yoga therapy teacher  
[dawnleiggener@gmail.com](mailto:dawnleiggener@gmail.com)

### Costs

Single drop in: Fr. 28.- per class

5 classes for Fr. 130.-

10 classes for Fr. 240.-

### Target Group

Everyone interested

### Registration

Drop in, no prior registration needed

### Location

Bildungshaus St. Jodern

St. Jodernstr. 17, 3930 Visp

027 946 74 74, [www.stjodern.ch](http://www.stjodern.ch)

[info@stjodern.ch](mailto:info@stjodern.ch)