

Yoga Therapy



Dawn Leiggener Lim

Certified Yoga Therapy Teacher

Every Wednesday

At the Bildungshaus St. Jodern Visp

Inhaltliches

Are you constantly feeling stressed, overwhelmed or lacking in focus and energy? Do you wish to create more fluidity in your body but you do not want a high impact, strenuous workout at the end of the day? If your answer is yes, this class is for you.

If you would like your yoga class to challenge you into fancy shapes and get you extremely sweaty, this class is not for you.

This is a restorative class that is gentle yet energising and is suitable for all levels. Join me in this practice of movement, mindfulness, breathing and meditation to help you relax, be calm, improve focus, mobility, posture, and reduce pain.

Infos

Dates, time

Every Wednesday

Starting: 20th of March 2024

Ending: 12th of June 2024

6pm till approx. 7 30pm

Yoga Teacher

Dawn Leiggener Lim

Certified Yoga Therapy Teacher

Target group

Everybody is welcome

Fee

Fr. 28.– per lesson

Contact

Drop in, no prior registration Address:

Bildungshaus St. Jodern

St. Jodernstr. 17, 3930 Visp

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