



**SOLUNA**  
SOLUNAYOGA.CH

**Let's get together, gather, move in unity, breath as one and break bread jointly.  
In unity, as a community at Soluna Pâquis June 15th 17:30 - 19:30.**

The essence of YOGA is UNITY, to bring together, mind, body and soul, yet can we also grasp the fact that we are all one? No matter our walk of life, our social rank, the color of our skin or eyes, we all stem out of the same divine light.

By gathering for practice and sharing food, I invite you to create our community.  
You can participate to class, class and dinner or  
dinner only! You may bring your other half along too.

**CLASS: SOLUNA PAQUIS JUNE 15<sup>th</sup> 17:30 - 19:30 With JOANNA LANCASTER**  
"A backend master class, to open your heart and get blissed out." 40CHF

**DINNER: MU-FOOD JUNE 15<sup>th</sup> at 20:00**

Dinner must be booked and paid for in advance, latest on the 11<sup>th</sup> of June – 2 course vegan meal 30CHF



A Master Class With JOANNA LANCASTER followed by dinner at MU-FOOD.

This is an evening to play, as we work open heartedly in a progressive backbend class for all (except complete beginners).

Learn how to go deeper with appropriate alignment, to expand the chest and not compress the lower back, to connect with the ground and use your legs efficiently, strangely an important ingredient to accessing the heart.... our feet. We will have time to rest blissfully and finally spend some time in each others company.

Dinner will be at MU-FOOD, a vegan café just up the road... book your spot for dinner until the 11<sup>th</sup> of June!

Please sign-up to attend! Dinner must be ordered and paid in advance.... [info@solunayoga.ch](mailto:info@solunayoga.ch)

[holyleggings.com](http://holyleggings.com)

[mu-food.ch](http://mu-food.ch)

[solunayoga.ch](http://solunayoga.ch)