

MORNING ASHTANGA YOGA @ SOLUNA PÂQUIS

**Regular classes to continue with updated schedule
as of October 2020 :**

Tuesday : Mysore class 7:00 - 8:45
Wednesday - **new** : Mysore class 7:00 - 8:45
Friday : Mysore class 7:00 - 8:45
Sunday : LED Primary 8:00 - 9:30

PRICE : CHF 20,- per class, cash only

New students are welcome and asked to email beforehand:

ashtangageneva@gmail.com

Olga Totochenko

Authorized teacher by SYC in Mysore, India
www.ashtangageneva.com



The Mysore Ashtanga format is based on an individual practice in a group setting. You will be guided to practice in a systematic way according to your daily state. LED Primary is a guided group class of the primary Ashtanga series. Expect ample attention and personalized advice.