

# NEW – MORNING ASHTANGA CLASSES @ SOLUNA PÂQUIS

## **Introductory offer August and September 2020**

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. Expect ample attention and personalized advice.

**New students to Ashtanga are welcome. Newcomers are asked to email beforehand expressing any specific objectives and eventual medical observations or limitations.**



**SYC Authorized teacher :**

**Olga Totochenko**

ashtangageneva@gmail.com

www.ashtangageneva.com

**Tuesday and Friday :** Mysore class from  
7:00 to 8:45, last entry at 7:15.

**Sunday :** LED Primary class 8:00 to 9:30

Price : CHF 10,- per class, cash only