

# YOGA IN KILCHBERG

## **ENERGY, VITALITY and TRANQUILITY with YOGA**

**Instruction in English with Stewart Mitchell**

[www.thenaturopathicgym.com](http://www.thenaturopathicgym.com)



**Tuesday 09.30 – 11.00**

**Tuesday 12.00 – 13.15**

**Tuesday 18.30 – 20.00**

**Wednesday 08.00 – 09.15**

**Wednesday 20.00 – 21.30**

**Private lessons by appointment**

**New students and experienced practitioners welcome**

**Body, mind and soul in harmony**

Are you attracted by the possibility of complete relaxation and reduction of stress and tension in your life?

With Yoga you can not only attain inner peace and serenity but develop balance, resilience and energy for each day.

- Regular practice of Yoga improves overall health status. Typically, stress related pains in the body such as backache and headache are relieved.
- Besides contributing to better digestion, elimination and stimulation to nerves and circulation, the immune system is activated and the self-healing power enhanced.
- Yoga also helps build self-confidence and strengthens will power.

# YOGA

## IN KILCHBERG

### **Professionally taught courses in a conducive atmosphere**

We provide lessons in groups of up to 12 people of all ages, as well as private sessions by request. You will experience the dramatic effect of static and dynamic postures, and learn breathing, relaxation and concentration techniques taught patiently and mindfully to your needs.

### **Wide range of styles**

For Yoga lessons in Kilchberg we have several qualified and experienced course instructors available. We give you the opportunity to choose from our timetable a class and teacher to suit your tempo and taste.

### **Venue**

All this can be found in the renovated 250 year-old house at Hornhaldenstrasse 49 in Kilchberg near Zurich.



### **Costs**

Individual Yoga lessons costs CHF 35.- for 90 minutes  
Abos of 10 lessons to be taken over 3 - 4 month costs CHF 330 incl.VAT

### ***Complimentary lesson***

You are invited to join a class for a special price of CHF 20.- to experience the beneficial effect of Yoga.

Call organiser Barbara Christen to book and to view our sensitively designed studio and comfortable amenity.

### **Further information**

For current timetable, biodata of our instructors and other details of Yoga in Kilchberg consult our website [www.yoga-kilchberg.ch](http://www.yoga-kilchberg.ch)  
Contact Barbara Christen, Hornhaldenstr. 49, 8802 Kilchberg  
Tel. 044 715 39 45, Mob: 079 376 29 46.