

NEW YEAR CLEANSE

YOGA RETREAT



2 hours of yoga

improves flexibility, strength, and balance.



Breathing Technique

incorporates deep breathing techniques, meditation, and relaxation, which help activate the body's relaxation response.



Aromatherapy

beneficial for promoting relaxation and reducing stress, as certain essential oils can have calming effects on the nervous system.



Escape with our Yoga Cleansing Retreat

on January 21, 2024,

at 10:30 AM

at the serene haven of

Evropská 2588/33a, 160 00 Praha 6



To complete your registration process, kindly proceed the payment by either transferring the amount 350,- CZK to the following bank account or scanning the provided QR code:

Account Details:

Number: 1029615679

Bank Code: 5500

