

YOGA AT THE
JK7®
SPA & WELLNESS RETREAT
@ SOHO

May – December 2018

Immerse yourself in your yoga practice and feel lighter, happier, more concentrated, more creative and more intuitive every day.

Our yoga sessions take place in a breathtaking atmosphere at 1200m altitude and are suitable for all ages and levels.

- ⚙ Power Yoga classes for all levels - every Tuesday
- ⚙ Therapeutic Yoga classes - every Thursday
- ⚙ Private lessons and guided meditations - on request

Baptiste Power Vinyasa Yoga is an invigorating and challenging yoga practice with great transformation potential.

Therapeutic Yoga is for those who want to become more flexible and stronger at a slower pace. Very good for the rehabilitation of the body.

Prices:

1 unit per person: 25,- Euro
Subscription (10 units) per person:
200,- Euro
Individual lessons: price on request



Appointment:

Call us for an appointment +43 4233 / 22 9 22 (Monday – Friday; 9am-5pm)

Cancellation:

The class will be charged at full price, if there is no cancellation made 24 hours before class starts.

If you need more information, please send an e-mail Karin@PowerYogaAustria.com