



**YOGASCHULE SUNANDA**

## **Yoga in English**

**April to Juli 2012**

### **Yogaschule SUNANDA**

Ursula & Thomas Gloor

Zugerstrasse 4

6330 Cham

**Tel 041 781 30 30**

**[www.sunanda.ch](http://www.sunanda.ch)**

**[info@sunanda.ch](mailto:info@sunanda.ch)**





## Hatha Yoga in English

**Yoga is a holistic method to achieve health in body, mind and spirit. Yoga is a methodical effort toward self-perfection through developing your latent potential on the physical, vital, mental, intellectual, and spiritual levels.**

Yoga develops your ability to maintain inner peace in all your actions, and thereby achieve physical and mental health. Hatha Yoga exercises include bends, twists and stretches as well as balancing and strengthening poses.

These exercises gently develop muscle strength, flexibility and body awareness. They release blocked life energy activating inner healing power.

Because of stress, tension, wrong posture and bad habits most people breath too shallowly. Their systems do not get enough oxygen. Yoga offers many powerful breathing exercises with which level of oxygen in the body is increased. Thereby restoring life energy and vitality.

At the end of every yoga class the students are brought in a state of deep relaxation. This is especially important to the modern person: stress is reduced, the immune system strengthened, healing processes supported, mental strength and calmness restored.

The results of the Hatha Yoga practice will

leave the participant feeling relaxed, refreshed, well toned, more flexible, calmer and stronger.

Hatha Yoga offers one of the finest forms of stress management and relaxation techniques and has proven to be a sound method of health enhancement.

**This class will be taught bilingual, Swiss German with English translation.** Childcare KH is available on Friday Morning.

### **Monday**

20.45 – 21.45h

April 30th until July 2nd, 2012

9 lessons to 60 minutes, CHF 200.–

### **Friday**

09.30 – 10.30h KH

Mai 4th until July 6th, 2012

8 lessons to 60 minutes, CHF 180.–

### **Monday**

11.45 – 13.00h Yoga & Pregnancy Class

### **Tuesday and Thursday**

11.00 – 12.00h Baby Yoga Class

### **Teacher**

Thomas and Ursula Gloor

dipl. Yogalehrer SYV, teaching since 1992



## Location



**Yogaschule SUNANDA**  
Ursula & Thomas Gloor  
Zugerstrasse 4  
6330 Cham

**Tel 041 781 30 30**

**[www.sunanda.ch](http://www.sunanda.ch)**  
**[info@sunanda.ch](mailto:info@sunanda.ch)**