



Budokon Yoga Flow

Attila will take you on a Budokon Movement Journey of Fluidity and Grace! Unlike other forms of yoga, Budokon provides an extra dimension that involves continuous circular movement in all planes of motion. We focus more on transitions between the poses rather than holding the poses themselves, which means we discover how to move gracefully and fluidly from one pose to another.

When: Wednesday, 21.07.2021 at 6 p.m.

Where: student dorm "Campus Süd" (outdoors)

This is an English yoga class for all levels – no experience required. Our exact meeting point will be announced upon registration. Please register by 19.07.2021 at kultur@stw-d.de.



Contact

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