

# YOGA Vinyasa flow

Interlaken, Yoga-Center  
Aarmühlestrasse 35a



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## From September 2022

Monday and Wednesday at 7.45 AM

## From November 2022

Monday and Wednesday at 7.45 AM

Friday at 10.45 AM



## Ab September 2022

Montag und Mittwoch um 7.45

## Ab November 2022

Montag und Mittwoch um 7.45

Freitag um 10.45

Trial lesson CHF 10  
One lesson CHF 25  
10 lesson Abo\* CHF 210  
\*valid for three month



Probelektion CHF 10  
Eine Lektion CHF 25  
10er Abo\* CHF 210  
\*gültig für drei Monate

Lesson Language English

I invite you to a journey through exploring your physical body, get to deeper levels of materia (your energy & mental body).

Just letting our body unfold naturally, we loose bounds of our mind, we find inner strength & balance, we get back to trust & love to ourselves. I invite you to vinyasa flow in which you will discover and start to cherish your central point. This flow is with good intention, respect and curiosity.

**See you on the mat!**

**Elena Sytenko**

Hatha & Vinyasa flow teacher 200 RYS (Rishikesh, India) 200 CYS (Amorgos, Greece)