

Cours de YOGA à Chauvry

A person is shown from behind, sitting on a blue yoga mat on a grassy field. They are in a yoga pose with their hands pressed together above their head. The background consists of lush green trees and a bright sun, creating a warm and serene atmosphere.

Envie de se détendre
en profondeur par la pratique d'asanas
(postures),
pranayama (respiration) et savasana
(relaxation)

19h30 – 20h30

20h35 – 21h35

Salle des Fêtes de Chauvry

1^{ère} séance d'essai gratuite

www.yoga-chauvry.fr

Contact : 06 03 56 19 68

Tous les mardis