

Cours de YOGA à Chauvry

A woman is seen from behind, sitting on a blue yoga mat on a grassy field. She is in a seated yoga pose with her hands raised above her head, palms together. She is wearing a grey tank top and dark leggings. The background is a lush green park with many trees and a bright sun creating a lens flare effect.

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