

FORREST YOGA 101

WHAT IS FORREST YOGA?

A workshop for newcomers and advanced practitioners!

Saturday, January 30 | 2016 | 14:00 - 16:30



A Workshop with

CHANTAL HAUSER



What's up with **The Forrest?** Are you interested?

chantalhauseriyoga@gmail.com for more info!

Sign up immediately yoga@sanapurna.ch



This one's for you...

Have you been practicing **Forrest Yoga** for a while but you want to **know more about it?**

You are completely curious about this **new style of yoga in your city!**

You just have to give it a **try!**

You are **new to yoga** and completely lost in **what style to try out?**

...Don't miss this!

Sanapurna

Ayurveda & Yoga

Militärstrasse 115 | 8004 Zürich