

POWERYOGA MASTER CLASS

with the founder of poweryoga, his UNIQUE class in Geneva

BRYAN KEST 14 may 2012

one of the world's most popular yoga teachers. BRYAN's presence attracts crowds and often, he teaches in front of hundreds of people, discovering the benefits of poweryoga.

BRYAN KEST has been teaching yoga for 25 years and developed his own style of yoga, turning more and more people on to a healthier, more peaceful lifestyle that continually challenges them to grow.

that yoga replaces the gym's work-out routines, comes as no surprise to BRYAN, who believes that the body is limited and the mind is limitless.

his poweryoga opens all variations of finding bliss, and comes together with a reinforced physical condition, a calm mind, serenity and focus.

open to all levels, but does not suit fresh beginners (come train with us prior)

rsvp: registration highly recommended; the class sells out quickly.*

date: monday 14 may, 18h30-21h30

fees*: **members:** as of 1 april: 100.-

non-members: as of 1 april: 120.-

students: 10% off (max. 30 y.) with valid student id



innercityyoga

3 rue de rive | www.innercityyoga.com | t: 022 310 3535

*seul le prépaiement permet de réserver votre place. les réservations ne sont pas remboursables. merci | *reservation only accepted when prepaid in cash or by credit card. absolutely no refunds. thank you.