

# ON-LINE LIVE and RECORDED YOGALATES



## Virtual classes

### What:

- Combination of gentle yoga and pilates
- Mindful breathing, movement and meditation
- Suitable for all levels - please practice with mindful attention to your body and mind and adjust or interrupt any exercise that doesn't feel good
- You will be able to join me and other practitioners LIVE from the comfort of your home and you will receive the RECORDING of the class to keep and practice again as many times you want

### When:

- Thursdays: March 19th, 26th (potentially extended to April)
- 9.30 - 10.30 a.m. Prague time

### Where:

- on-line on ZOOM
- In the comfort of your home
- You will receive a simple link to join the class after registration

### What you need:

- Small practice space in your house
- Yoga mat, comfortable clothes, blanket
- Internet connection and your favourite device (laptop, tablet, phone)
- Inform the rest of the family not to disturb you, or ask them to join you



### Price:

- If you prepaid the LIVE group classes with me till the end of March, you can join with no extra fee
- If you want to join without prepayment: 260,- Kc / 10,- Eur
- Payment instructions will be sent after the registration

### Registration necessary:

- E-mail me: [jana@janakyriakou.com](mailto:jana@janakyriakou.com)