

The Art of Yoga

URBAN RETREAT
WITH FLO DEDAME



Schedule

Friday 4- 8 pm

Saturday 8- 9.30

10- 12.30

2- 6 pm

Sunday (same)

ends 5 pm

THE ART OF LIVING AND PRACTICING YOGA

organized by Jutta Niala
www.Joogaolemus.fi

OLO- TILA
HOME OF VIJNANA YOGA
HELSINKI- FINLAND

MARCH
23-24-25
2018

COST- 380
EARLY BIRD- 350
BEFORE JANUARY 15
STUDENTS IN TRAINING- 320