

27.
May 2025

Kundalini Yoga

🕒 Tuesday 18:30 o'clock

Yoga course with or without yoga experience - come over!

Description

Kundalini yoga is related to other forms of yoga such as hatha yoga. However, it is more dynamic in many of its exercises, precisely because it focuses strongly on feeling one's own life energy. Kundalini yoga awakens the life force and is known as the yoga of consciousness.

Period: 08/04 - 24/06/2025

Weekday: every Tuesday

Meeting point: 18:30 at the Alte Schule Brand, Gufer 36a 6708 Brand

Duration: 75 min

Participants: up to 8 people

Price: EUR 15.00 with guest card (or as a resident of Brandnertal) and EUR 20.00 without guest card (cash payment only)

Registration: directly with Stefanie, T +43 664 5446072 or at yoganic.lifestyle@gmail.com

Please bring along: Comfortable clothing, yoga mat, a cushion to sit on if necessary, a blanket and water to drink. A mat can be borrowed on site if necessary.

Arrival by public transport: Landbus L580, Bus stop "Brand Kirche". The exact connections can be found at www.vmobil.at. Travelling by public transport is free with the Brandnertal, Bludenz, Klostertal guest card.



Venue

Altes Schulhaus Brand

6707 Bürserberg

[+43 664 54 46 072](tel:+436645446072)

yoganic.lifestyle@gmail.com



Organizer

Frau Stefanie Moser

6707 Bürserberg

[+43 664 54 46 072](tel:+436645446072)

yoganic.lifestyle@gmail.com

further dates

date	time
27.05.2025	18:30 o'clock
03.06.2025	18:30 o'clock
10.06.2025	18:30 o'clock
17.06.2025	18:30 o'clock
24.06.2025	18:30 o'clock