

# ACCESSIBLE YOGA AT MUNDO MADOU



Sedentary lifestyle, work-related stress and overworking are major causes of ill-health, such as burnout, cardiovascular diseases and insomnia. Long commutes to work and family responsibilities often do not leave people time to recuperate in the evening. Beat the daily grind and join a lunchtime yoga class every Friday **starting 21 February 2020 at 12.30 – 13.30 in Room Artemisia on the ground floor of Mundo-madou.**

The yoga classes at Mundo-madou are fully accessible to both newcomers and seasoned practitioners and include:

- ✓ **physical accessibility:** the lessons are adapted to everyone's needs, regardless of the student's physical condition, age, disability or level of yoga practice
- ✓ **mental accessibility:** through gentle visualisation and meditation techniques, even the most stubborn minds learn to practice deep relaxation
- ✓ **practical accessibility:** classes are affordable, flexible and accommodate the time and space limitations of a busy working environment.

Offer yourself one hour of yoga at work and reap the infinite benefits!

#### RATES:

single class x 13 euros

5 class pass x 60 euros (or 12 euros per class), valid for 6 months

10 class pass x 110 euros (or 11 euros per class), valid for 8 months

Special rates for interns!

*Please bring your own yoga mat if possible. A limited number of mats are available.*

#### CONTACT:

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**PLEASE GET IN TOUCH TO REGISTER FOR THE TRIAL CLASS (10 EUR) ON 21 FEBRUARY AND TO INFORM JANINA OF YOUR ACCESSIBILITY NEEDS**

