
Yoga

<i>Organizer:</i>	ÚTV LF Plzeň
<i>Leader:</i>	Mgr. Libuše Mertlová
<i>Venue:</i>	A small gym in Bolevecká – Bolevecká 30, Pilsen 301 00
<i>Time:</i>	11:00 – 12:00h
<i>Capacity:</i>	20 persons
<i>Applications:</i>	No applications.
<i>Registration:</i>	On the spot before the exercise.
<i>Schedule:</i>	Come and practice positions (yoga asana) that will restore the body's lost peace and will help you to connect with your inner self.
<i>Notes:</i>	Comfortable clothes needed.