



Eintritt frei

SAMSTAG 18. JANUAR

10:30	Flexibility	Functional 45min
11:30	Intention	Meditation 30min
12:30	Qi Tabata	Functional 30min
13:15	Creativity	Meditation 30min
14:00	Yoga	Functional 45min
15:00	Fokus	Functional 45min
16:00	Yin&Yang	Functional 30min
17:00	Energy Flow	Meditation 30min

SONNTAG 19. JANUAR

10:30	Day Start	Meditation 30min
11:30	Qi Tabata	Functional 45min
12:30	Empathy	Meditation 30min
13:30	Teamwork	Functional 45min
14:45	Protection	Meditation 30min
15:30	Lokomotion	Functional 45min
16:30	Lightness	Meditation 30min

Mitbringen: Indoor-Schuhe, Handtuch für Training
Anmeldung: nicht notwendig, Vorreservation per
E-mail möglich an info@qilala.ch



Im Postparc, Schanzenstrasse 4c, 3008 Bern

Mehr Infos auf www.qilala.ch