

CEU PICNIC & SPORTS DAY



VIENNA 2023



MORNING YOGA FOR BEGINNERS

We warmly invite you to a 60-minute yoga class where you can prepare your body and soul for the sport day. It will focus on warming-up, slight stretching and strengthening with a special emphasis on the stress zones such as shoulders and hips. You can discover that yoga is not just for flexible people, but it helps to build up your inner and outer flexibility. The class is open to everyone, beginners and experienced yoga practitioners.

The instructor, **Tímea Mester-Takács** is a trained Hatha yoga, Hatha flow yoga and spine yoga teacher, having regular yoga practice for more than ten years, and teaching yoga since 2016. She taught yoga in Hungary before she moved to Vienna this year. Nowadays she enjoys discovering Viennese yoga opportunities. Feel free to contact her at CEU!

Good to know:

- Bring your own yoga mat or arrive in time to have one from us. We have limited number of mats.
- Don't eat 1,5-2 hours before the class.
- Arrive in comfortable sport clothes. Have enough warm clothes in case of fresh morning. Cross your fingers to have a nice weather!