

A stylized illustration of a woman in a yoga pose, specifically a variation of the Warrior II (Virabhadrasana II). She is wearing a light pink sports bra and red shorts. Her right arm is extended upwards, and her left arm is bent with her hand near her hip. Her legs are in a wide stance, with the right leg forward and the left leg back. The background is a solid light beige color. There are green leafy branches in the top left and bottom right corners.

Find Your **BALANCE**

YOGA & PILATESFLOWS – MORNING

FREUE DICH AUF EINEN INSPIRIERENDEN
VORMITTAG MIT BEWEGUNG,
ENTSPANNUNG UND EINEM
GENUSSVOLLEN AYURVEDISCHEN
FRÜHSTÜCK.

WANN

Samstag, 12. September 2026
09.00 – ca. 12.00 Uhr

WO

YOGASU Studio,
Bernstrasse 117, 3072 Ostermundigen

KOSTEN

CHF 70.- inkl. Frühstück

ANMELDUNG

pilatesflows.nola@gmail.com

Wir freuen uns auf dich! Steffi & Nola