

Morning Core Practice



Breath Movement Focus

movement meditation & energetic practices into the day

Outdoor morning sessions in Prenzlauer Berg

8 am - 9.30 am

Tue 26.7. - Wed 27.7. - Thu 28.7.

Jahn-Sportpark, U2-station Eberswalderstrasse + 5 min walk

7.45h meeting point: gate-entrance at Cantianstrasse

We continue our series of morning sessions on the grass in fresh summer air

With inscription: students 7€ / others 9€ per session per day

spontaneous drop-in: 12 € per day
