

# Morning Core Practice



## Breathe

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We welcome You to share a morning practice session

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Meridian Movement & Kapalabathi breathing meditation

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with Kristin & Chittaranjan

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Saturday, 16. July 2016

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7am - 10am

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in Kunstquartier Bethanien, Studio 2 \_ Mariannenplatz, Berlin Kreuzberg

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I am looking forward to offer the first session of The Moving Academies Summer Series 2016 with our guest from Delhi / India

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Please bring comfortable clothes, a blanket/cushion to sit on and a tea-cup.

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Contribution: if you inscribe until friday 10pm: 6-10€ - spontaneous drop-in: 11-15€

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After the practice we have breakfast in Prinzessinnengarten (\*\*\*shared bring-along-buffet\*\*\*)