Yoga Hatha

The asana’s (yoga postures) and the breathing are important parts in a Hatha yoga class. By doing yoga you strengthen the muscles and make the body more flexible. Together with the breathing exercises it improves your concentration and ability to relax. Yoga restores the connection between the body and the mind and it improves your awareness, helping you to find more balance in life. Take a towel and some warm clothes with you for the cooling down.