

Yoga Break: Refresh Your Body and Mind - Yoga and English - (online)

Yoga Basic:

Are you feeling stiff and do you miss getting regular exercise? Then allow yourself a break and dive into a 30-minute yoga session.

This course for beginners teaches you some easy movements and simple yoga poses. You will be able to work progressively on certain poses and allow your body and mind to feel more balanced and calm. No prior yoga experience is required.

Course time:

Mondays, 11.00 to 11.30am yoga practice
11.30 to 11.45am follow-up session
with your trainer

Start:

Monday, 22nd March 2021



*Join us from your desk onto the yoga mat
Enjoy, relax, practise and improve your English at the
same time.*

Yoga 30-minute intensive:

Are you looking for a daily break of 30-minutes to balance your body and mind? Then come and join us!

In this course we will work on effective yoga poses and their variations. Over the course of 10 sessions we will develop into more advanced forms of the yoga poses. For this course at least 6 months of weekly yoga experience is required.

Course time:

Tuesdays, 11.00 to 11.30am yoga practice
11.30 to 11.45am follow-up session
with your trainer

Start:

Tuesday, 23rd March 2021

All you need is: a yoga mat, a chair and 2 blocks or hard cover books
a tablet/laptop or mobile phone to follow the class

Video recordings: The weekly class will be recorded and the link sent to you after the class.
This will give you the opportunity to watch the video and practice over
the course of the week or catch up if you miss a class.

Language: English
You will receive a vocabulary list with yoga specific words so it is easy
for you to follow the class.
In the 15min follow-up session after the training you will also have the
chance to ask questions and place requests for the following week.

Online Platform: Zoom

Price: 85,- € per person (max. 10 people per course)
for 10 x 30 min + 15min exchange with your trainer + video material

Registration: by Wednesday, 18th March 2021
sent to: gudrun@oconnortraining.de

Questions: If you have any questions, please do not hesitate to contact us on
0731 360 06 21 or gudrun@oconnortraining.de

Your trainer: For the past decade Füsun Vollmuth has been teaching yoga all over
the world. Besides daily yoga classes, Füsun also conducts yoga teacher
training programs. She has a E-RYT 500 and YACEP certification
by the international Yoga Alliance. Füsun is also an experienced
Business English trainer and is happy to answer your language questions.

Company
courses
available on
request


Language and Communication for Business
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