
Yoga

YOGA FOR EMPLOYEES 2024

**This year, we plan to open a total of 12 yoga courses lasting 10 weeks.
The courses will be divided into 3 cycles - WINTER, SPRING, AUTUMN
In each cycle, 4 courses will run simultaneously - 2 on Tuesday and 2 on Thursday**

Registration for the WINTER cycle: January 23 - 9:00 a.m.:

Altogether 4 yoga courses will take place once a week within 10 weeks at Kampus Hybernská, Hybernská 4, Prague 1 - back section (lecture hall)

every Tuesday starting on 30.1.2024 at 3:45 p.m. – 4:45 p.m. - [registration HERE](#)

every Tuesday starting on 30.1.2024 at 5:00 p.m. – 6:00 p.m. - [registration HERE](#)

every Thursday starting on 1.2.2024 at 4:00 p.m. - 5:00 p.m. - [registration HERE](#)

every Thursday starting on 1.2.2024 at 5:15 p.m. - 6:15 p.m. - [registration HERE](#)

Lecturer [Mgr. Eliška Ochetzová](#)

You need a mat and comfortable sports clothes for the lessons.

The price for the entire course (10 lessons) is CZK 500.

The details for payment to the account of Charles University are:

Bank connection: 909909339/0800

Variable symbol: 790185

Surname and first name must be included in the message.

PAYMENT MUST BE MADE BY JANUARY 29 2024!