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# Yoga at Hybernská Campus

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## Yoga at Hybernská Campus

### YOGA 2024

#### **This year we plan to open a total of 12 yoga courses of 10 weeks' duration.**

Courses will be divided into 3 cycles - WINTER, SPRING and AUTUMN.

In each cycle, 4 courses will run simultaneously, with 2 on Tuesday and 2 on Thursday.

Yoga courses are intended for CU staff and priority is given to those who have not yet taken part in a course. If you have already completed 2 previous courses, and in the event that applications are received from candidates who have not yet taken part in a course and the course capacity is full, you will be informed by e-mail that you will not be able to take part in the course. This is to make yoga courses available to the widest possible range of employees. Thank you for your understanding.

#### **All places are already taken.**

A total of 4 yoga courses will take place once per week over a period of 10 weeks **at Hybernská Campus, Hybernská 4, Prague 1 – rear section (lecture hall)**

every Tuesday, beginning on 16 April 2024 from 15:45 – 16:45

every Tuesday, beginning on 16 April 2024 from 17:00 – 18:00

every Thursday, beginning on 18 April 2024 from 16:00 to 17:00

every Thursday, beginning on 18 April 2024 from 17:15 to 18:15

The teacher is Mgr. Eliška Ochetzová

Participants will require a mat and comfortable sportswear for the lessons.

**The price for a full course of 10 lessons is 500 CZK.**

Payment details for payment to Charles University's bank account are:

bank account: 909909339/0800

variable symbol: 790185

Please give your first name and surname in the message for the recipient

PAYMENT MUST BE MADE BY 20 APRIL 2024.