

Vivre au Congo

Le site des expatriés francophones au Congo

Stage de yoga avec Michelle

Marie-Laure Peretti · Monday, February 17th, 2020

Samedi 14 mars 2020, Michelle vous propose une journée entière 100 % lyengar yoga intensive !

9h00-12h00 : Yoga Asana

14h30-16h30 : Restorative et Pranavama

Adapté à tous niveaux

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