

Weekly Online Yoga:

During 60 minutes we practice yoga (asanas) calmly and consciously, focus our attention on our breath and do something good for ourselves at the dawn of the day.

We strengthen our body and our mind. Yoga increases stamina, joy of life and gives us inner peace and strength.

Look forward to a powerful, beneficial, and relaxing start of the day. Carpe diem!

Every Thursday morning:

06:45	Check-in, chatting
07:00	Start Yoga session
07:55	Final 5-10 minute relaxation period (Savasana)
08:00	End

Join us online:

<https://us02web.zoom.us/j/83252224264?pwd=dM9pZlUrcmxiUis4QTFsZExnNHhQQT09>

Meeting ID: 832 5222 4264
Passcode: 114209



- Free Yoga session
- For Swissphotronics members only

Wear comfortable clothes, do not practice with a full stomach and make sure you have a gym mat or yoga mat ready at home. You are also welcome to take pillows and blankets with you.

www.f-360.ch

Contact: Dr. Christoph Harder
harder@swissphotronics.net

Yoga safety instructions

- ✓ Camera and audio open during the check-in and the chat.
- ✓ No supervision
- ✓ The instructor will not see and correct your poses.
- ✓ Accident insurance is the responsibility of the participants.
- ✓ Participation on own responsibility.
- ✓ All liability is excluded.
- ✓ Language is German. English if required.

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and

