Hatha Yoga with Jackie Härdig

inclusive of Fika

# Monday, June 20th 17:00 to 18.15 followed by fika in the barn.

A nourishing practice with an emphasis on creating a balance of enlivenment and calmness in both the body and mind. The class is a mix of slow dynamic postures, longer holds, breathing techniques, and subtle energetic control which guide awareness inwards to a space of stillness that exists beyond the thinking mind. The class will conclude either with a guided savasana practice or a seated meditation.

Classes are taught in English. If you are currently injured, please tell Jackie before the class.

Class is held in the barn and fika will be served in the barn following the class. Pre-book your spot on [www.millestgarden.se](http://www.millestgarden.se).  Please pay by cash or swish to Jackie Härdig at 073 033 0682 upon arrival.

Single class: 160 kr.

Prepay for 5 classes: 600 kr. Please prepay to Jackie by cash or swish and note your name and that the purchase is for 5 yoga classes at Millestgården.

There is also the option to come for fika before the class (fika is offered from 16.00)

Warm welcome to Millestgården :)