

29.  
Apr 2025

# Kundalini Yoga

🕒 Tuesday 18:30 o'clock

Yoga course with or without yoga experience - come over!

## Description

Kundalini yoga is related to other forms of yoga such as hatha yoga. However, it is more dynamic in many of its exercises, precisely because it focuses strongly on feeling one's own life energy. Kundalini yoga awakens the life force and is known as the yoga of consciousness.

**Period:** 08/04 - 24/06/2025

**Weekday:** every Tuesday

**Meeting point:** 18:30 at the Alte Schule Brand, Gufer 36a 6708 Brand

**Duration:** 75 min

**Participants:** up to 8 people

**Price:** EUR 15.00 with guest card (or as a resident of Brandnertal) and EUR 20.00 without guest card (cash payment only)

**Registration:** directly with Stefanie, T +43 664 5446072 or at [yoganic.lifestyle@gmail.com](mailto:yoganic.lifestyle@gmail.com)

**Please bring along:** Comfortable clothing, yoga mat, a cushion to sit on if necessary, a blanket and water to drink. A mat can be borrowed on site if necessary.

**Arrival by public transport:** Landbus L580, Bus stop "Brand Kirche". The exact connections can be found at [www.vmobil.at](http://www.vmobil.at). Travelling by public transport is free with the Brandnertal, Bludenz, Klostertal guest card.



## Venue

### Altes Schulhaus Brand

6707 Bürserberg

[+43 664 54 46 072](tel:+436645446072)

[yoganic.lifestyle@gmail.com](mailto:yoganic.lifestyle@gmail.com)



## Organizer

### Frau Stefanie Moser

6707 Bürserberg

[+43 664 54 46 072](tel:+436645446072)

[yoganic.lifestyle@gmail.com](mailto:yoganic.lifestyle@gmail.com)

## further dates

date	time
29.04.2025	18:30 o'clock
06.05.2025	18:30 o'clock
13.05.2025	18:30 o'clock
20.05.2025	18:30 o'clock
27.05.2025	18:30 o'clock
03.06.2025	18:30 o'clock
10.06.2025	18:30 o'clock
17.06.2025	18:30 o'clock
24.06.2025	18:30 o'clock