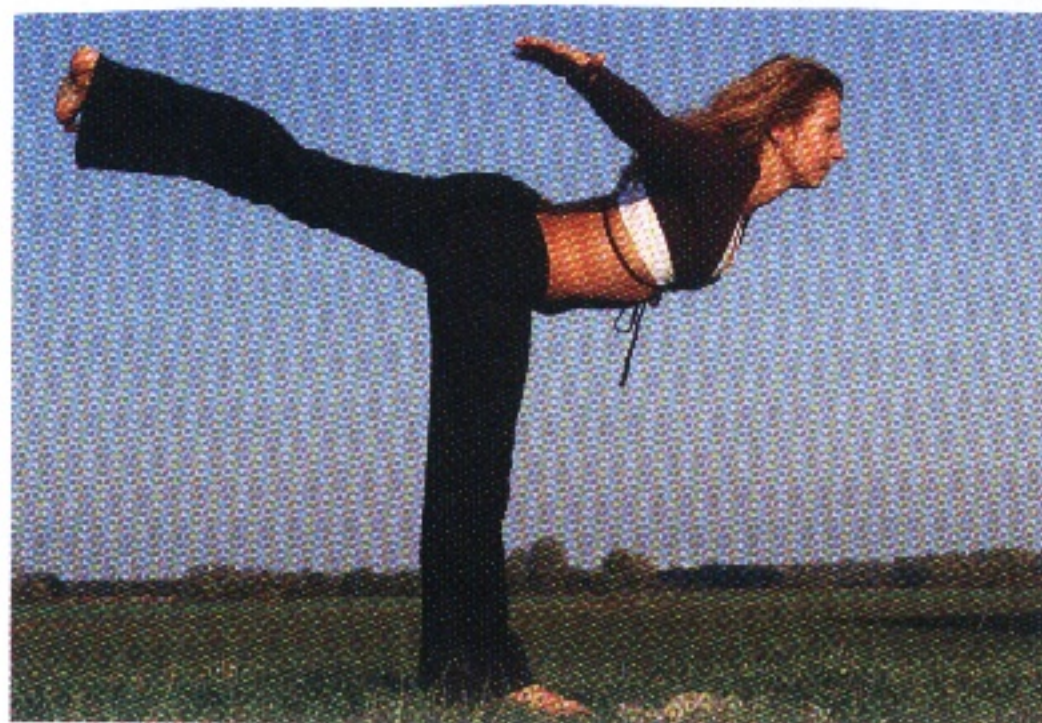


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### Yoga workshop

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Power yoga is a great work out in order to form the body. Concurrently it has the ability to reveal the "magic" of how to connect your spiritual and physical body. This training improves inner and bodily strength, and the flexibility. The advent of power yoga heralded yoga's current popularity, as people began to see yoga as a way to work out, not only meditate and chant. But working out is not the only benefit of power yoga. Power yoga is a natural way how to relax, relieve stress, and how to heal and detox the body without any artificial and chemical means.



Are you interested to come and participate on some of work outs? Sign up lists available at the coffee mornings or contact Michaela Švermová via her email if you have any questions. ([michaela.svermova@mailsys.sk](mailto:michaela.svermova@mailsys.sk))

Please be informed that from a free entrance is excluded: possible beverages at the bar & solarium

Factory Pro is located in the 2nd floor at RELAXX Building, Einsteinova 7 Street; with a free parking underneath;

Opening time: Mon - Fri 6:00 AM - 11:00 PM; Sat - Sun: 8:00 AM - 10:00 PM



19 Years of IWCB 1991-2009

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