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tradition satyanandayoga

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ONLINE YOGA PATHS 2024 -

2025

24-hour accessible video lectures & live lessons on Zoom

Presentation

Give these videos a little try...! and

come to discover much more...

ONLINE YOGA CLASSES

HATA YOGA classical asanas and

pranayama 60 minutes with Francesca

1 new class every 30 days as per HATA YOGA gentle

program

60 minutes with Alice

1 new class every 30 days as per Italian YOGA NIDRA

program

30-60 minutes

recordings

1 new Yoga Nidra practice in

rotation every 30 days

HATA YOGA ENGLISH

60 minutes

HATA YOGA classic

asanas and pranayama with Francesca

1 new class every 30 days

YOGA NIDRA MEDITATION ENGLISH

20-40 minutes

YOGA NIDRA MEDITATION ENGLISH

audio practice

1 new practice of Yoga Nidra every 30 days

LIVE LESSONS ON ZOOM.

group and individual classes

HOURS

times to be agreed upon together

COSTS

Online Yoga School membership offers free access to videotaped classes.

Zoom Directs at the moment are only for individual classes or for In-depth Program Groups and Seminars.

Quarterly fee

€108 + €27 annual membership card

SUPER OFFER!

ENROLLMENTS BY Sept. 30, 2024 12

MONTH ANNUAL FEE.

€290+€28 MEMBERSHIP CARD

ENROLLMENT FROM OCTOBER 1,

2024 ANNUAL FEE 12 MONTHS

€390+€28 MEMBERSHIP CARD

Registration

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