



TEN THOUSAND FLOWERS  
in Spring  
THE MOON in Autumn  
A COOL BREEZE in Summer  
SNOW in Winter  
If your mind  
ISN'T CROWDED BY  
UNNECESSARY THINGS  
This is the BEST SEASON OF  
YOUR LIFE.  
(Wu Men)

## Yoga with Debora

Yoga für den Rücken

Yoga per la schiena

Yoga for back health

Yoga für die Hüfte

Yoga per le anche

Yoga for the hips

Yoga für den  
Solarplexus

Yoga per il  
plesso solare

Yoga for the solar  
plexus

Yoga für das  
Energiegleichgewicht

Yoga per  
l'equilibrio energetico

Yoga for energetic  
balance

Klangschalen  
Meditation

Meditazione  
con le campane tibetane

Singing bowl  
meditation

**SKYOGA  
& MENTAL**

TRATTERHOF

**Weekly programme**



Alle Kurse mit Debora werden in italienischer und englischer Sprache gehalten.  
Informationen , Zeiten und Datum der Yogaeinheiten finden Sie auf unserem Wochenprogramm.

Tutte le lezioni con Debora sono tenute in italiano e in inglese.  
Informazioni, orari e date delle sessioni di yoga si trovano nel nostro programma settimanale.

All courses with Debora are held in Italian and English. All courses with Debora are held in Italian and English. Information times and dates of Yoga can be found on our weekly programme.