



## Class Information

Group yoga (1.5 hours) - € 14

Yoga in a group of 3 trial tickets - 35 € / valid for 1 month

Yoga in a group of 10 times - 120 €

Yoga in a group monthly ticket - € 75 (unlimited participation)

Yoga in a group 6-month ticket - € 380 (unlimited participation)

Group yoga annual ticket - 720 € (unlimited participation)

Individual accompaniment in yoga, meditation, energetic healing, discussions on personal request.

I am happy to issue individual gift vouchers for you and your loved ones.

Everyone should be allowed to practice Kundalini Yoga! Talk to me if you have other options financially.

You are welcome to contact me by email at [namterath@namterath.com](mailto:namterath@namterath.com). Or just call +49 7724 5869045 if you have any questions or want to register. I look forward to you and your courage!

You have the option to attend all courses flexibly! So you are not limited to one day, you can set it up flexibly.



Do you know someone who may be inhibited or fearful for whatever reason to practice yoga? Then encourage him / her, practice together and let him / her participate! Feel free to contact me personally, by phone or email if you feel addressed and would like to have a personal conversation beforehand. Each of us can see the world!

The compensation is made by bank transfer or PayPal in advance of the respective block of 10 classes. An invoice will be issued. All compensations include the currently applicable VAT. The registration is binding. No refund will be given in the event of non-participation or if the card has expired.

Please have ready for the courses at home or on site:

In Kundalini Yoga it is recommended to wear light cotton clothing that allows sweat to be absorbed. Synthetic fabrics prevent this. You are welcome to use a special yoga mat to have the necessary support, especially when doing exercises while standing. In order to rest gently in the deep relaxation, a blanket and possibly thick, warm socks are helpful. Water is essential for life, so drink enough of it during the hour.

Please note:

If possible, do not eat a meal two hours before the yoga class. After 90 minutes of Kundalini Yoga, you can do this in peace. Please be punctual at all hours.

Please note that the yoga classes are not a substitute for healing therapy or medical treatment. If you have psychological or physical impairments, please speak to your personal doctor beforehand. Then please inform me directly before the lesson so that we can address your needs together. Be careful with your body, your mind and your soul in every second and true your limits!

Yoga is not a sporting competition, so approach your goals slowly and regularly! Kundalini Yoga is a sacred science, but it is not taught to cure illnesses, but rather to practice prevention. It is forbidden to practice Kundalini Yoga under drugs or alcohol. If you are pregnant or you are taking prescription medication, it is helpful to clarify with your personal doctor beforehand about yoga practice. There are certain limits to the practice of yoga for pregnant and menstruating women. Please ask me about it. This is based on an exclusion of liability.

Please also note that Kundalini is not a religion or sect! There is no tight organization and no effects of the exercises to justify such a judgment. Kundalini Yoga can be practiced by all people regardless of their religion or belief. The effects of Kundalini Yoga arise from personal yoga practice, but not from the adoption of any beliefs. Kundalini Yoga is not understood and conveyed by the



yoga teachers as the only one, but as a possible way to more health, balance and self-determination.

I am happy if you approach the yoga practice with enthusiasm, but I recommend that you carefully consider your options before doing the exercises offered in the class. If you have an injury or illness and you are in doubt whether yoga is suitable for you, please contact your doctor or alternative practitioner. Do not exacerbate existing injuries. The instructions and advice given in these Kundalini Yoga classes are not a substitute for professional medical or psychological treatment of ailments. Basically: The information and advice in this course have been carefully considered and checked, but no guarantee can be given. Their sensible application is at your own discretion and responsibility. Liability of the course leader for personal injury, property damage and financial loss is excluded.