



YOGA IN MANOR PARK

Yoga improves mobility and muscle fitness in many ways. Come and try yoga in the beautiful Manor Park!

Our yoga teacher is Jessika Mikander-Sarkama. The session takes 1 h 15 min. Park Yoga is available at 18-19.15 on Mondays during 27.5.- 5.8. and 24.6.-10.8.2019 on Wednesdays at 18-19.15 and Saturdays at 16.30-17.30.

Price:

Hotel guests 5€/yoga session

Others 9 €/yoga session or 10xticket 80€

The instructor will meet the group in the Spa Hotel lobby at 17.50. In case of rain the session will be held indoors. You may use your own yoga mat.