



YOGA IN THE MANOR PARK

Yoga improves mobility and muscle fitness in many ways.

Come and try yoga in the beautiful Manor Park! The session takes 60-70 minutes

Park Yoga is available at 18-19.15 on Mondays during 27.5.- 5.8. (teacher Jessika Mikander-Sarkama)

and on Wednesdays at 18-19.15 and Saturdays at 16.30-17.30 during 24.6.-10.8.2019 (Anu Tuomaala and other teachers from Ikimetsän jooga)

Price:

Hotel guests 6 €/yoga session

Others 10 €/yoga session or 10xticket 80€

The instructor will meet the group in the Spa Hotel lobby at 18.00 (and on 16.30 on Sat). In case of rain the session will be held indoors. You may use your own yoga mat.