



**AEROBIC FACTORY**

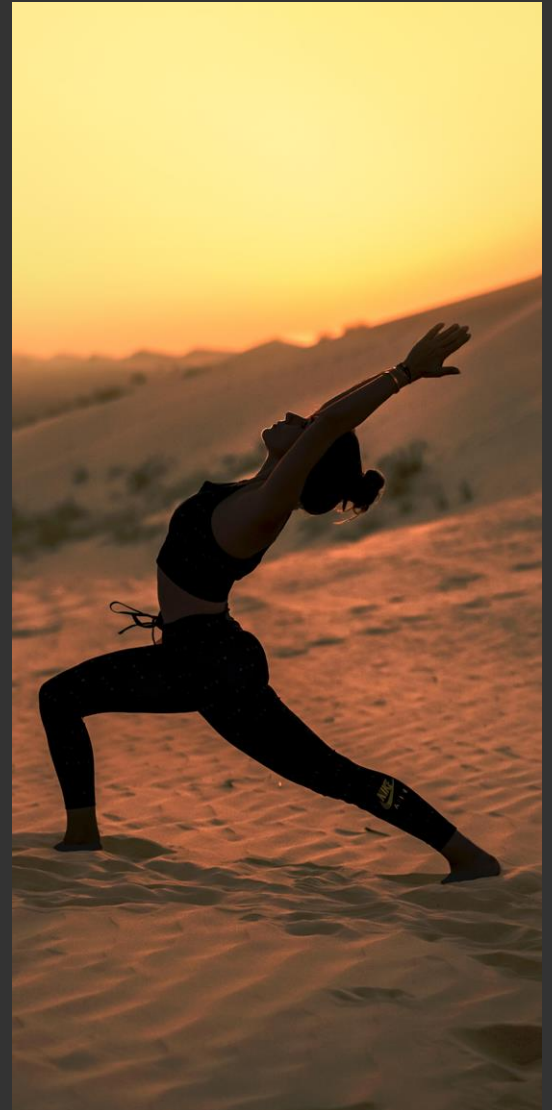
Moosweg 11 | 9470 Buchs | jam29.ch | 078 628 68 01

# Hatha Yoga Workshop in English

22nd of January 2022 | Saturday 10.15 am



English-speaking Yoga teacher  
**Reem Ismail**



Do you wish to release physical tensions, calm your mind and strengthen your body? This workshop is suited to all levels – You won't be left behind! No matter how experienced or flexible you are, the benefits of yoga remain the same.

For sign in +41 (0)78 628 68 01 or [silvia@jam29.ch](mailto:silvia@jam29.ch)



**FunTone**  
45 SECONDS - BE READY



JAM 29 AEROBIC FACTORY has the most versatile group fitness program in the region. The training program is tailored to the individual needs of the customer. JAM 29 offers Personal Training, Aerobics for beginners and advanced and classes for kids and teens.

**JAM 29 Team wish you a lot of fun!**

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