

Well-being

The balance of body and mind



Daily from 6:30 PM to 7:30 PM

Raja Yoga Center
Sachsenring 16, 50677 Köln

Yoga is more than just a physical practice!

It is an invitation to connect - both in body and mind. In today's fast-paced world, characterized by stress and distractions, yoga offers a valuable path from tension to relaxation while simultaneously helping to cultivate inner peace and tranquility.

Yoga facilitates a deeper connection to our thoughts; by training our concentration and learning to calm the mind, we open the door to meditation.

Everyone is warmly welcome!

We offer introductory courses in Hindi, English, and German.

Registration is required!



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