


SPORT

Vitznau bewegt! - RückenYoga






DATES

 23.05.2025 18:00 – 19:00

ADDRESS

 Zihlstrasse 1
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Switzerland

CONTACT

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 jenny_zimmermann@bluewin.ch
 to the website

Vitznau bewegt! - RückenYoga

Vitznau on the move! - Back yoga with Jenny Zimmermann

This year, the Vitznau bewegt! "Sponsored by the municipality of Vitznau" will take place again during the summer months. Back yoga will be led by course instructor Jenny Zimmermann. If your neck is aching, your lower back hurts and you are stressed, then this special training is made for you! The focus here is on strengthening, stretching, mobilizing and relaxing your back muscles. You will have a stronger, more resilient and relaxed back and be able to breathe more deeply again. This course is also suitable for yoga beginners. It takes place in the old school building in Vitznau. Price: voluntary collection! Note: This text was translated by machine translation software and not by a human translator. It may contain translation errors.