

A person is shown from the waist down, wearing dark leggings, rolling up a blue yoga mat on a light-colored wooden floor. The person's hands are visible, and they are barefoot. In the background, a window with multiple panes is visible, letting in bright, warm light that creates a soft glow across the scene.

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Erwecke den Yogi in dir

Hatha Yoga. Für alle Levels.

Donnerstags, 18:30 – 19:45 Uhr
WORKOUT75, Badenerstrasse 75, 8004 Zürich

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Caro Maletz

Yogalehrerin SYV/FYU in Ausbildung

persönlich – bewegend – wohltuend

Anmeldung per Email oder Whatsapp

Privatstunden auf Anfrage

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