

**Maigold Yoga**  
**Kopenhagener Str 16**  
**10437 Berlin**  
**www.maigold-berlin.de**

**Every Thursday**  
**in November**  
**8:30 – 9:30AM**



## **Yoga with the seasons: AUTUMN**

**We are in the midst of the Autumn season.**

**The leaves shine bright in many different colours,  
the light is gently fading and we might feel  
the need to take it a bit slower.**

**It is the perfect time to pause, to look inside, to harvest  
and move our body in a meditative and gentle way.**

**Come and join me as we dive into a deep,  
slow and meditative morning practice that is especially  
designed for the season of Autumn.**



**Register via Email:**  
**mariastrauss@gmx.net**