

# SUP Yoga



## Pure relaxation through holistic yoga

Yoga is a very old, holistic exercise system from India. It helps to balance body, mind and spirit and can also be translated as "unity", "connection" and "harmony".

### Topic / Methaphor:

- Activation / Ice breaker
- Mindfulness
- Strategic planning

### Group Size:

- up to 10 pers.

### Duration:

one hour

### Season:

- Summer
- Outdoor

### Price Per Person Up

€ 50,00