

YOUR ENERGY SUPPLY
VÁŠ ZDROJ ENERGIE

DÝCHÁNEK

20 min breathwork routine

Monday - 10am

Wednesday - 2pm

Power, energy, concentration, creativity, immunity
& present moment booster using only your breath.

Equipment provided by the guide.

10€ after the session (only if satisfaction).

2nd floor terrace, Nile House.

YOUR GUIDE: MARTIN PODARIL | UCITELDECHU.CZ