

Yoga

Lector: Vukica Jankovic

Course code: ZKF205, ZKF216

Yoga is a discipline of self-improvement that maintains health and physical vitality. Among the beneficial effects are slowed progress of aging, improved concentration and emotional improvement of one's state of mind. Practicing Yoga reminds people the joy of living and it is suitable for everyone that wishes to stretch his or her body, calm the mind and find a refuge from ever-present stress.

Venue

Gym IB307

University of Economics - W. Churchill Sq. 1938/4, 130 67 Prague 3 –
Žižkov, [mapa](#)

