



JOGA – KANIN 31.7.2017

Joga na 2200m nad morjem

Pridružite se nam na poletni jogi na Kaninu - na gori s pogledom na dolino Soče, Alpe in morje. Ta poseben dogodek bo vključeval vožnjo z gondolo na Kanin. Uživali bomo v 1 urnem tečaju joge s čudovitimi panoramami daleč naokoli in »tišino«, ki nas bo obkrožala. Po jogi si lahko privoščite osvežilno pijačo ali prigrizek v restavraciji Prestreljenik in dodatno še sami raziskujete okolico Kanina, ki seže tudi na italijansko stran.

ODHOD z gondolo na 2200m: 8:00 (dobimo se 15 minute prej na postaji A)

MINIMALNO ŠTEVILO UDELEŽENCEV: 2

POVRATEK V DOLINO: odvisno od vas (z jogo zaključimo predvidoma ob 10:00)

CENA: 20 eur/ osebo

CENA VKLJUČUJE: povratno vozovnico za gondolo in 1h vodene joge

REZERVACIJE SO obvezne in priporočamo - DO 30.7.: marketing@kanin.si ali na tel. 041 313 953 . V primeru slabega vremena se joga prestavi na drug datum ali odpove. Znesek poravnate na ta dan na postaji A. Priporočamo športno obutev (5-10 minut hoje) in tudi toplejšo obleko. Joga bo vodena v angleškem jeziku.

Restavracija Prestreljenik bo odprta za osvežilno pijačo ali prigrizek.

Vaša JOGA učiteljica in gostiteljica:
Lindsey Conroy



VEČ NA: www.kanin.si (Dogodek – joga).

Javni zavod Sončni Kanin,
Dvor 43
5230 Bovec
www.kanin.si



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Experience JOGA class on 2200m above the sea level

Join us for a breathtaking summer yoga class on the beautiful Kanin mountain overlooking Soca Valley, Alps and the sea. This special event will include a gondola ride up to the Kanin where we will enjoy a 1-hour yoga class with amazing views and peaceful surroundings. After yoga, feel free to enjoy refreshments and food from the restaurant and explore the surrounding area also the Italian Sella Nevea resort.

DEPARTURE with cable car on 2200m: 8:00 (we meet 15 min before at the station A)

MIN NUMBER OF PARTICIPANTS: 2

ARRIVAL TO THE VALLEY: depends on you (we end joga class around 10:00)

PRICE: 20 eur/ person

PRICE INCLUDES: the gondola lift ticket and 1-hour yoga class

RESERVATIONS are necessary and recommended - TILL 30.7.: marketing@kanin.si or 041 313 953 .

In case of bad weather, the event will be postponed or cancelled. Payment will be done on the spot in the morning. We recommend sport shoes (5-10 minutes of walking) and some warm clothes as well. Joga class will be guided in English language.

Restaurant Prestreljenik will be open for drinks / food.

Your JOGA teacher / host:

Lindsey Conroy



MORE INFO: www.kanin.si (News – joga).