

## Yoga workshop s Fredym Ayisi

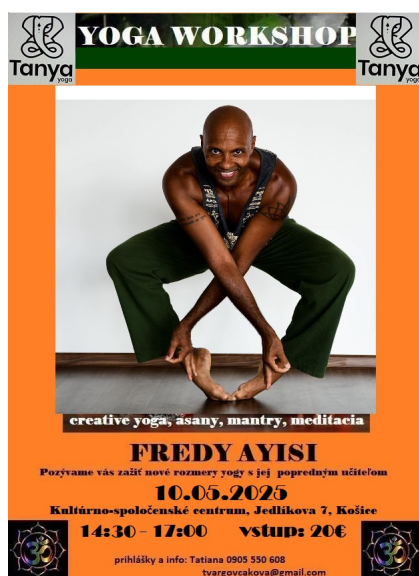
Napísal Tatiana  
Streda, 30 Apríl 2025 13:03 -

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**Ahojte mili yogini, srdecne vas pozvam na krasne sobotne popoludnie s Yogou a nasim vzacnym hostom z Bratislavy, poprednym ucitelom Yogy na Slovensku s Fredym Ayisi.**

**Na akciu si treba vopred rezervovat miesto, mozu sa prihlasit vsetci, zaciatočníci aj pokročily, karimatku si treba priniest. Namaste :-)**

**Tesime sa na vsetkych :-)**



The poster features a central photograph of a man, Fredy Ayisi, in a dynamic yoga pose (a variation of Bhujangasana) with his hands on the floor and feet tucked under. He is wearing a dark tank top and green pants. The background is a plain, light-colored wall. The poster is framed by an orange border. At the top, there is a green banner with the text 'YOGA WORKSHOP' in white, flanked by two circular logos containing a stylized 'Y' and the name 'Tanya' below them. Below the photo, the text 'creative yoga, asany, mantry, meditacia' is written in a small font. The name 'FREDDY AYISI' is prominently displayed in large, bold, black letters. Below the name, it says 'Pozývame vás začít nové rozmery yogy s jej popredným učiteľom'. The date '10.05.2025' is in a large, bold font, followed by the location 'Kultúrno-spoločenské centrum, Jedlíkova 7, Košice'. The time '14:30 - 17:00' and the price 'vstup: 20€' are also clearly visible. At the bottom, there are two small circular logos and contact information: 'prihlášky a info: Tatiana 0905 530 608' and 'tvargovcakova@gmail.com'.

**YOGA WORKSHOP**  
Tanya Tanya

creative yoga, asany, mantry, meditacia

**FREDDY AYISI**  
Pozývame vás začít nové rozmery yogy s jej popredným učiteľom

**10.05.2025**  
Kultúrno-spoločenské centrum, Jedlíkova 7, Košice

**14:30 - 17:00 vstup: 20€**

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