






**SPORT**

## BackYoga – Vitznau on the move

**DATES** 25.05.2024 10:00 – 11:00**ADDRESS** 6354 Vitznau  
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 jenny\_zimmermann@bluewin.ch  
 to the website

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Vitznau on the move! Back yoga by the lake with Jenny Zimmermann

Vitznau on the move! This year, the municipality of Vitznau is once again offering further fitness and meditation courses as part of Vitznau bewegt. Everyone is cordially invited to attend. The offer is free and completely non-binding. If the weather is fine, the leisure activities will take place outdoors in the Kurpark Vitznau. If the weather is bad, the courses will be held either in the Vitznau school building in the Singsaal or in the gym. \*In case of bad weather, please find out in advance where the courses will take place. BackYoga : In back yoga, you practise specific asanas for your torso. This strengthens the stability and flexibility of your back - as well as its counterpart, the abdomen. At the same time, you improve your posture with the right core tension. Mental strain in the form of stress can also be a trigger for back pain. Yoga can help you to reduce stress and relax your body and mind. It is advisable to bring a mat or a soft mat. Note: This text was translated by machine translation software and not by a human translator. It may contain translation errors.