

Integration centre for foreigners Hradec Králové  
heartily invites you for

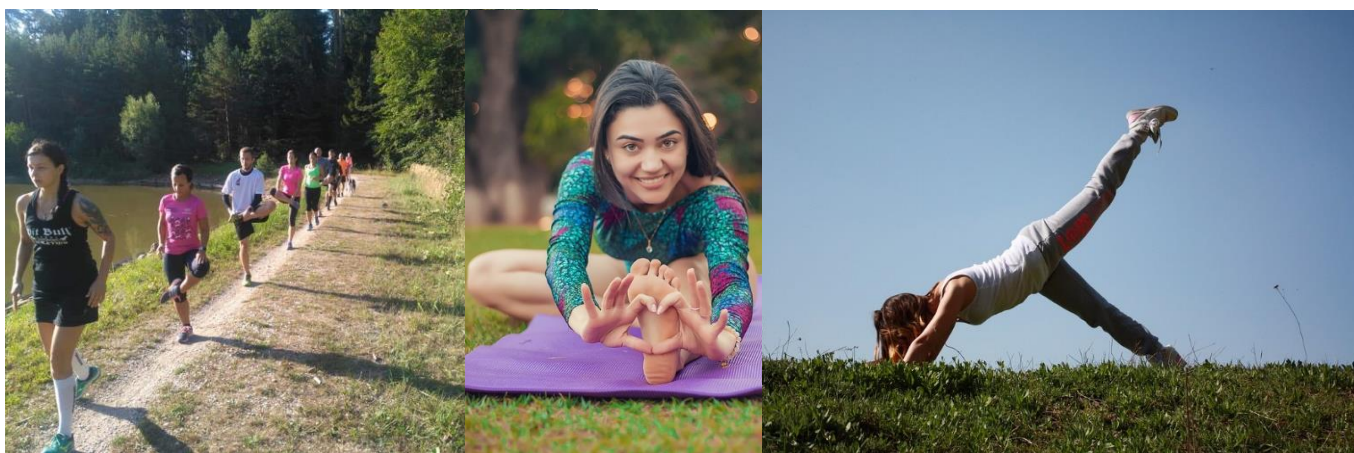
31. 7. 2019 | 7:25 - 09:00 AM

Jiráskovy sady HK

Meeting point: Next to the church St. Nicholas

# SUMMER MORNING WORK OUT With Šárka

FREE ENTRY



WEDNESDAY 31. 7.

07:25

Jiráskovy sady

Suitable for beginners and for advanced without age restriction



## PROGRAM



- Workout based on the principle of functional training and "Yin and Yang"
  - Start with CHI- KUNG for vital energy
  - YOGA exercises for health and mental stability
- ✓ Take comfortable clothes and Yoga mat

Contact for login (Šárka) : +420 731 598 911; Whats Up number

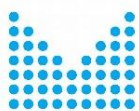
zdroj: <https://www.hradecralove.cz/fotogalerie/jiraskovy-sady-12708/foto-7/#breadcrumbs-heading>



MINISTERSTVO VNITRA  
ČESKÉ REPUBLIKY

Aktivita probíhá v rámci projektu Podpora integrace  
cizinců č. 6/2019 IC NNO spolu financovaného  
z rozpočtu Ministerstva vnitra ČR.





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