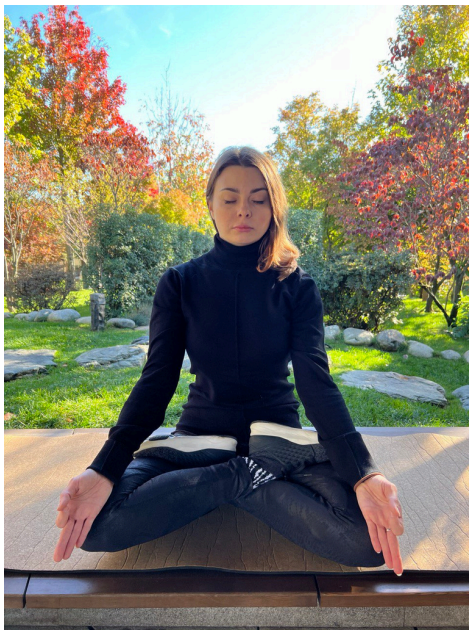


Yoga for Students: Balance and Energy

Are you feeling the stress of academic life? Looking for a way to find balance, improve your focus, and stay energized? Join **Anastasia Barbash**, a professional **Hatha Yoga Instructor**, for a rejuvenating yoga experience specifically designed for students.



Finally, Yoga is Coming to Viadrina!

“As a fellow student at Viadrina University, I understand the challenges of balancing studies with self-care. That’s why I’m offering these yoga sessions as a way to support your mental and physical well-being during your academic journey.

I kindly ask for your support in this initiative to enhance student life. Let’s create a healthier and more balanced environment together.

Plus, the first week is completely free!”

A. Barbash

You can sign up for your free trial and upcoming sessions here:

[🌐 Yoga for Students: Balance and Energy](#)

Or scan the QR code below:

