THE YOGA-TEACHER:
Ai Nah Rhotert is Chinese from Singapore, and has practiced and taught Yoga there for more than 16 years. She studied modern theater dance at the Imperial Society of Teachers of Dancing in London and graduated as a teacher herself. Additionally, she passed several examinations as instructor for fitness and aerobics at the Reebok University. Focusing more on Yoga, she has trained staff and managers of private and public companies in stress-management while in parallel teaching in fitness-clubs of several five-star hotels in Singapore and the Maldives. Temporarily, she was personal trainer of the princess at the court of the Sultan of Brunei. Back in Singapore, she held Yoga classes in companies, ministries and community centers.

Ai Nah is practicing Hatha-Yoga in the tradition of BKS Iyengar (India and U.S.) and his disciples. She has developed his teachings and techniques into a program of her own. She has optimized an individual and unique teaching style. Based on many years of experiences with numerous students she has a deep understanding of the problems and capabilities of the individual and caters precisely to the students’ needs. Jointly with the student she will develop individual goals and design the best practice. Carefully and gentle but determined she will guide the students to short-term improvements as well as to support him/her to achieving a healthier lifestyle.

Ai Nah is staying in Germany since 2002 now and teaching continuously and successfully in companies, some fitness-clubs and, since some time, in her own Yoga–Studio in Seminarhouse Ellerstrasse 32.

AI NAH YOGA
THE YOGA STUDIO IN BONN

- Hatha Yoga
- Morning Yoga
- Yoga Therapy
- Personal Yoga Training
- Company’s Classes

Application for Enrolment:
Name, first name: ____________________________
Postal address: ____________________________________________
Phone/Mobile: ____________________________
e-mail: ____________________________

☐ Thursday mornings
  ☐ M1 (07:00 – 08:30am)
  ☐ M2 (09:00 – 10:30am)
  ☐ Individual* (11:00 – 12:30 noon)
*Private groups (>3 participants) and individual one-to-one classes subject to prior agreement only!

☐ Tuesday evenings
  ☐ A1 (18:30 – 20:00pm)
  ☐ A2 (20:15 – 21:45pm)
  ☐ Ten-sessions-pass (10/€90,00)
  ☐ Full-course-pass (12/€110,00)

Miscellaneous/Remarks:
Signature/Date:

AI NAH Rhotert
Münsterstrasse 6
53111 Bonn
Telefon: 0228 433 0751
Mobil: 0170 2740 353
e-mail: rhotert@singnet.com.sg
CLASS-SCHEDULE:

4 time slots are open for all attendants and should provide for the different needs of customers for morning and evening classes. Commitment to a certain time-slot and early booking helps us with proper planning. Attendance is possible anytime upon call and request.

<table>
<thead>
<tr>
<th>Time slot</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thur</th>
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<tbody>
<tr>
<td>07:00 – 08:30</td>
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<td></td>
<td>M1</td>
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<tr>
<td>09:00 – 10:30</td>
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<td>M2</td>
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<td>11:00 – 12:30</td>
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<tr>
<td>Evening:</td>
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<tr>
<td>18:30 - 20:00</td>
<td>A1</td>
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<tr>
<td>20:15 – 21:45</td>
<td>A2</td>
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</table>

If you want to break with old habits and open body and mind for the morning sun, the seminars M1 and M2 are most suitable for you. Evening Classes A1 and A2 cater for those who are working during the day. Thursday 11:00 – 12:30 can be booked for one-to-one training or small groups and is subject to prior agreement. All classes are 90 min with warm-up, breathing exercises (Pranayama), Yoga-positions (Asanas), and time for meditation and relaxation.

WHERE TO FIND THE STUDIO?
The studio is in the inner yard of a former forger close to the “Altstadt” of Bonn, Bonn-Nord. You find easy parking along the Ellerstraße, please think of the needs of the people living there.

Seminarhaus Alte Schmiede
Ellerstraße 32,
53119 Bonn
- U-Bahn, Subway Bhf West/Thomasstrasse
- Bus line 620, Bus-Stop Ellerstraße
- By car or by bicycle via Bornheimer Straße

AT AFFORDABLE PRICES!
12 classes/sessions form a standard Yoga course. With one session per week, it will take you 3 month and the price is €120,00. Committing and paying in advance gives you one session discount.

If you want to attend more sessions a week, a ten-sessions-pass at €90,00 would be your best choice.

Children and students (with ID) pay only € 8,00 per session, which makes € 96,00 for a complete course.

You are welcome for a trial class any time, the fee of €12,00 will be offset once you book a full course.

Further discounts for long-term booking, in-house company training or special groups are negotiable!

<table>
<thead>
<tr>
<th>Category</th>
<th>Price per Class</th>
<th>Price per Course</th>
<th>Remarks</th>
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</thead>
<tbody>
<tr>
<td>Trial Session</td>
<td>€12,00</td>
<td>n.a.</td>
<td>Offset with booking</td>
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<tr>
<td>Standard full course (1/week, 3 month)</td>
<td>€10,00</td>
<td>€120,00</td>
<td>€10 discount with advance payment</td>
</tr>
<tr>
<td>Students (full course)</td>
<td>€ 8,00</td>
<td>€ 96,00</td>
<td>Students pass</td>
</tr>
<tr>
<td>Ten-sessions-pass</td>
<td>€10,00</td>
<td>€100,00</td>
<td>Valid 3 month, €10 disc. with adv. payment</td>
</tr>
<tr>
<td>Children (1/week, 60 min., 1 month minimum)</td>
<td>€8,00</td>
<td>€32,00</td>
<td>Group&gt;3 (1 month advance payment)</td>
</tr>
</tbody>
</table>

Upon request, individual training or private lessons for small groups and Yoga therapy can be arranged. For details/arrangements feel free to call or e-mail!

ESSENTIALS ABOUT YOGA:
Yoga is a word/concept of the Sanskrit of India and means: “Unity/Harmony (of body and mind)”. As such, it is neither high-impact physical acrobatics nor pure mental meditation, although you can specialize in both directions. Yoga is not restricted to certain ages and with certain adaptations, it can be practiced from childhood until biblical age. Individuals with medical conditions may feel safer asking a medical doctor for agreement or potential concerns.

Hatha Yoga is a traditional technique and method developed in India and proven over thousands of years. It improves and honors our physical and mental energies and capabilities and brings them back into harmony and equilibrium. By regular practice of certain body postures (asanas) and proper breathing techniques (pranayama) we achieve cleansing and detoxification and a better overall wellbeing. Physical exercises build up stamina and strength and improve flexibility and balance. They lead to a better posture and tone the muscles. Proper breathing increases the capacity of the lungs and optimizes the supply of oxygen, blood circulation and metabolism. Practicing meditation will grow your capability to concentrate, foster your creativity and enable greater internal calmness. While good body posture and concentration are essential for pupils and students, adults and elderly will treasure the preservation of flexibility, breathing without panting and intact balance of the body.

You will find Yoga highly satisfactory and achieve best results if you learn its basics properly, practice often and regularly and apply the same discipline to both, body and mind. During the course, the teacher will distinguish beginners from advanced and adjust accordingly. Trust her… and yourself!