

# **COLNAGO** **CYCLING FESTIVAL**

## **COLLATERAL ACTIVITIES PROGRAM**

### **YOGA and BREATH: the secret ally in sports** - with INDIGO YOGA

- **YOGA and the NERVUS SYSTEM: creating strength and stability**  
Friday 11 April - h. 10.00 - 11.00 a.m: class with Nikoleta Boudinova
- **YOGA and BIOMECHANICS: moving smartly**  
Saturday 12 April - h. 10.00 - 11.00 a.m: class with Cristina Scapin
- **BREATHING and basic YOGA sequences**  
Sunday 13 April - h. 9.00 - 10.00 a.m: class with Cristina Scapin & Nikoleta Boudinova

#### **Contacts INDIGO YOGA**

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### **DESENZANO BY NIGHT** - with GRUPPO FELTER ASD

- **3 KM AND 6 KM WALK**  
Saturday 12 April - h. 6.30 - 7.30 p.m: Meeting point in Piazza Malvezzi
  - Free departure: from h. 6.30 to 7.30 p.m
  - Official departure: h.7.30 p.m**
  - On-site registration fee: €4 (includes souvenir item, water bottle and brioche)
  - Final refreshments for all participants

#### **Contacts GRUPPO FELTER ASD**

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