

"Application of Yoga in managing pre- and post-Covid problems"
3.7.-9.7.2021
Project work meeting

The Project work related to *Application of yoga in managing pre- and post-Covid problems* will be held in Košice-Okres (Košická Belá) from 3rd till 9th of July 2021. The project aims at developing psychosomatic techniques and procedures to help people who went through Covid 19 and also to those, who did not. As a result it will bring a set of physical and mental practices that will lower the psychosomatic stress of a significant part of the population if practiced. It will be available in Slovakia, Hungary and Czechia.

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