

Yesterday began the yoga course on the campus of Orona Ideo

Oct 05, 2016

With the aim of promoting active lifestyles among workers and students of Mondragon University have launched a yoga course for workers of the Orona Ideo campus.

The course will be offered on Tuesdays from 12:30 to 13:30 between October and December given by Esther Fernandez.

We will organize other courses in other campuses (yoga, abdominal hipopresivos, self-defense ...) and we encourage you to participate.



yoga course at Orona Ideo