

tikva

Tikva is a form of training that rests on a Christian foundation

*"He makes me lie down in green pastures.
He leads me beside still waters. He restores
my soul."*

Psalms 23



Tikva is for you who want to live a balanced life for spirit, body and soul. Simple body exercises for increased mobility and flexibility are interspersed with Bible words to relaxing music specially written for Tikva. The combination helps you slow down, change negative thoughts and conveys hope to your whole being.



You participate according to your own ability, which means that everyone can participate regardless of previous experience.

Tikva means
HOPE

www.tikva.cc



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We offer Tikva classes!

When:

Where:

Information:



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