



Courses with health insurance subsidy

The YogaCircle Berlin Academy offers a variety of preventative courses, in which you receive a health insurance subsidy. From the participation fee, most statutory health insurance funds even take over 75 to 120 euros. The procedure is quite simple: You pay the course in advance with us and at the end of the course you will receive a certificate of participation. You will forward this to your health insurance and they will transfer you the allowance.

The classes at YCBA with a health insurance allowance are courses for primary prevention according to § 20 Abs. 1 SGB V. Our teachers Dipl. Sportwissenschaftler Thomas Bessel and Dr. Kinga Hiller-Bessel (Sharada Devi) are entitled to teach prevention courses in yoga. Furthermore, Maria Mastrogianni is a qualified sports instructor (University of Athens) and additionally our competent teacher for Pilates!

Information on expiration & registration

- The course must be paid in full upon registration
- A spot reservation can only be guaranteed with advance payment
- Payments can be made by direct debit or in cash directly in the studio

Cancellation: In case of cancellation after successful registration a fee of 25 Euros will be charged

"Trial Class": please check the walk-in-classes of the teacher who offer a Preventative course with a single hour (20 Euros) or with the Starter Pass (30 Euro).

Entry: In the Hatha Yoga I and II courses a later entry is only possible up to the third date. In the other courses with health insurance grants it is possible to enter later (on request). They start anew every eight weeks.

How do I practise optimally? You will make much faster progress in yoga if you practice at least twice a week. You can also come to our Open classes parallel to the Preventative Course. As a participant in a Preventative Course, you can still buy a one-time acquiring Starter Pass to the last course date.

What do I have to bring? Actually only you yourself in comfortable clothes, if possible without any perfume and good mood. We provide mats free of charge.

How do I get the health insurance grant? At the end of the course date, you will get a participation certificates, which you can then submit to the health insurance company for the grant. You must have participated in at least 80% of the dates.