

EXBERLINER⁷²

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Next month
EXBERLINER'S

YOGAMANIA

YOGA STUDIOS IN BERLIN

WHAT'S YOUR YOGA TYPE?



SCHWULEYOGAGRUPPE: THE QUEER CONNECTION

If you hanker for a yoga group that's also a place to socialise and have no qualms about getting sweaty in a room full of gay men for 90 minutes, then Schwuleyogagruppe is the place for you. The instructor, Abdul, found a niche in the increasingly crowded Berlin yoga market when he set up a gay course five years ago after a bad experience at a sniffy local group. Within the first month, a second class was up and running, and *Schwule* yoga now enjoys a following in six locations, on different days, across the city. The students seem to enjoy the friendliness and openness of the group, which does not dictate diet or lifestyle preferences but still manages to provide both a spiritual and exercise-focused yoga experience (often followed by a few friendly beers after the evening classes). What's more, it's not just for the boys: Abdul also runs a weekly lesbian group. And if you are wondering who the guru of gay yoga is, look no further than the biannual "Madonna Yoga" extravaganza. /JB

- **Flirt factor:** 4/5
- **Gender ratio:** All-male or all-female, naturally.
- **Details:** Schwuleyogagruppe meets in Prenzlauer Berg on Mondays, Schöneberg on Tuesdays, Wednesdays and Sundays, Charlottenburg on Thursdays, Kreuzberg on Fridays, and Friedrichshain on Thursdays. Telephone for prices and specific locations. Length: 90 minutes.

Schwuleyogagruppe, Tel 0179 996 5069, www.schwuleyogagruppe.de