

OFFENER YOGASTUNDENPLAN

Ankommen. Mitmachen. Offene Yogastunden ohne Voranmeldung. Gültig ab 01.07.2018

 Schloßstraße 66  Reinsburgstraße 66

| Zeit | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Sonntag |
|-------|--|---------------------------|--|--|---|---------------------------------|
| 7:00 | | 7:00 – 8:15 Early Bird | | | 7:00 – 8:15 Early Bird | |
| 8:00 | | | | | | |
| 9:00 | 8:30 – 10:00 A/M | 9:00 – 10:30 A/M/F | | 8:30 – 10:00 A/M/F ³ | | |
| 10:00 | | | | | 10:00 – 11:30 A/M/F | |
| 11:00 | | | 10:30 – 12:00 A/M | 10:30 – 12:00 A/M/F ³ | | 11:00 – 12:00 M ² |
| 12:00 | 12:15 – 13:00 Yoga am Mittag A/M/F ¹ | | 12:15 – 13:00 Yoga am Mittag A/M/F ¹ | | | |
| 17:00 | 17:00 – 18:30 A/M | 17:00 – 18:30 M/F | 17:00 – 18:30 Regeneratives Yoga A/M | 17:00 – 18:15 Regeneratives Yoga A/M | 17:00 – 18:30 Yoga in English all levels | 17:00 – 18:30 A/M/F |
| 18:00 | | | 18:00 – 19:30 Kundalini A/M/F | | 17:30 – 19:00 A/M/F | |
| 19:00 | 18:45 – 20:15 Yoga mit Musik M/F | 18:45 – 20:15 A/M/F | | 18:45 – 20:15 M/F | 18:45 – 20:15 A/M | |
| 20:00 | | | 20:00 – 21:30 Kundalini A/M/F | | | |
| 21:00 | | | | 20:30 – 22:00 A/M/F | | |

A = Anfänger, M = Mittelstufe, F = Fortgeschrittene; offene Yogastunden dauern 75/90 Min.

¹Yoga am Mittag: 45 Minuten. ²auf Spendenbasis, Yoga Vidya Grundreihe Mittelstufe. ³ab 13.09.2018