

YOGA SHALA

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
	10:00 - 11:00 Sanftes Yoga		09:30 - 10:45 Yoga Intensiv		09:00 – 10:00 creativyoga
	18:30 - 19:45 Yoga Grundlagen	18:30 - 19:45 Yoga Intensiv	18:30 – 19:45 Yoga Intensiv	17:30 – 18:30 Regeneratives Yoga	
	Ab 20:00 Mysore Style	20:00 - 21:00 Yoga Grundlagen	20:00 - 21:30 Yoga Intensiv	Ab 18:30 Mysore Style	