

kursplan

yoga & more . www.yoga-more.de

mo	di	mi	do	fr	sa	so
	10:30 - 11:45 yin*					
16:45 - 18:00 yin*	17:00 - 18:15 atem.meditation*		17:00 - 18:15 yoga barre			
18:15 - 19:30 vinyasa		18:15 - 19:30 yin				

*) optional als präventionskurs buchbar

aspria . www.aspria.com

mo	di	mi	do	fr	sa	so
		10:20 - 11:20 heat yoga				10:15 - 11:15 hormon yoga
		11:40 - 12:55 vinyasa 2		12:00 - 13:00 vinyasa 1	12:00 - 13:00 heat yoga	11:30 - 12:45 vinyasa 2
						13:00 - 14:00 vinyasa 1
				16:30 - 17:30 yoga barre		
				17:40 - 18:55 vinyasa 3		
				19:05 - 19:55 yin yoga		