

YOGA WEEKLY

SCHEDULE

MONDAY

SLOW FLOW&YIN
18.15-19.30 UHR CLAUDIA

TUESDAY

MORNING FLOW
10-11.15 UHR PAULINE
AFTER WORK FLOW
17.30-18.45 UHR SUSANNE
ANUSARA YOGA (AB 01.12)
19.15-20.30 UHR WIEBKE

WEDNESDAY

KINDER YOGA
15-15.45 SARAH
16-16.45 SARAH
EASY FLOW (AB JANUAR)
18.15-19.30 UHR SUSANNE

THURSDAY

ANUSARA YOGA (AB 01.12)
08.45-10.00 UHR WIEBKE
18.45-20.00 FLORENTINE
YOGA AM ABEND (AB 28.11)
JETZT SCHON ANMELDEN

FRIDAY

JIVAMUKTI SPIRITUAL
WARRIOR 10.45-11.45 UHR
HANNA

SATURDAY

**WEEKEND FLOW
10.30-11.45**

**WEEKEND & SUNDAY
RETREATS/BREATH
WORK/SOUND BATH
NEWS ON INSTAGRAM
OHANA.WELLBEING**