

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		07:00 - 08:00 Yoga+ Meditation alle (Martin) NEU				
09:30 - 10:45 Yoga+ Hatha & Relax alle Level - Prävention (Corinna)	09:45 - 11:00 Yoga+ Flow, Basic 1 (Anna W.)	09:30 - 11:00 Yoga+ Ashtanga Medium (Volker) NEU	09:30 - 10:30 Yoga+ Core & More alle Level (Maria) NEU	10:00 - 11:30 Yoga+ Anusara Elements & Technik Training alle Level (Ilana)	09:45 - 11:00 Yoga+ Hatha & Relax Basic 1, Prävention (Corinna)	
			10:45 - 11:45 Yoga+ Mama & Baby alle Level (Maria)		11:15 - 12:30 Yoga+ Flow Medium (Annette)	10:45 - 12:00 Yoga+ Flow & Relax alle Level (Susanne)
17:15 - 18:15 Yoga+ Faszien Pilates alle Level (Anna Sch.)		17:15 - 18:15 Yoga+ Schwangerschaft alle Level (Maria)	17:15 - 18:15 Yoga+ Rücken, Schulter Basic 1, Präv. (Corinna)			
			17:15 - 18:15 Raum 2 Yoga+ Flow 2.0 alle (Trainees) NEU			
18:30 - 19:30 Yoga+ Yin alle Level (Heike)	18:15 - 19:15 Raum 2 Yoga+ Faszien alle Level (Ilana)	18:30 - 19:45 Yoga+ Flow, Medium (Karo / Susanne)	18:30 - 20:00 Yoga+ Anusara Elements & Technik Training Medium (Ilana)	18:00 - 19:00 Yoga+ Yin, alle Level (Birgit)		
18:30 - 19:30 Raum 2 Yoga+ Flow, Basic 1 (Susanne) Prävention	18:30 - 19:30 Yoga+ Flow, Basic 2 (Susanne) Prävention		18:30 - 19:30 Raum 2 Yoga+ Entspannung pur alle Level (Corinna)			
19:45 - 20:45 Yoga+ Flow Basic 2 (Heike)	19:30 - 20:45 Raum 2 Yoga+ Restorative alle Level (Ilana)	20:00 - 21:00 Yoga+ Flow Basic 1 (Andrea) Präv.	20:15 - 21:15 Yoga+ Flow Basic 1 (Annette) Präv.	19:15 - 20:45 Yoga+ Power Flow Medium (Dragan)		
19:45 - 20:45 Raum 2 Yoga+ Flow 2.0 alle (Trainees) NEU	19:45 - 21:15 Yoga+ Anusara® Medium (Evgenia)					

WOCHENEND-WORKSHOP

YOGA+ Chakren

Die Architektur der Seele

16. + 17.9.2017

jeweils 12:30 - 18:30 Uhr

mit Ilana Begovic

Öffnungszeiten Studio: spätestens 30 min. vor Kursbeginn

Yoga+ Studio - Breite Str. 28 - 55124 MZ-Gonsenheim - Tel.: 06131 540 29 39 - info@yogaplus.de - www.yogaplus.de