

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:30 - 10:45 <b>Yoga+ Hatha &amp; Relax</b> alle Level - <b>Prävention</b> (Corinna)	09:45 - 11:00 <b>Yoga+ Flow</b> Basic 1 - 2 (Anna)	09:30 - 10:45 <b>Yoga+ Flow &amp; Relax</b> Basic 2 / Medium (Susanne) <b>Prävention</b>	09:30 - 10:30 <b>Yoga+ Core &amp; More</b> alle Level (Maria)	10:00 - 11:30 <b>Yoga+ Anusara Elements &amp; Technik Training</b> alle Level (Ilana) <b>Prävention</b>	09:45 - 11:00 <b>Yoga+ Hatha &amp; Relax</b> Basic 1 <b>Prävention</b> (Corinna)	
			10:45 - 11:45 <b>Yoga+ Mama &amp; Baby</b> alle Level (Maria)		11:15 - 12:30 <b>Yoga+ Flow</b> Medium (Annette)	10:45 - 12:00 <b>Yoga+ Flow &amp; Relax</b> Basic 2 (Susanne)
		17:15 - 18:15 <b>Yoga+ Schwangerschaft</b> alle Level (Maria)	17:15 - 18:15 <b>Yoga+ Rücken, Schulter</b> Basic 1 <b>Präv.</b> (Corinna)			16:30 - 18:00 <b>Yoga+ Flow &amp; Relax</b> alle Level (Maja)
18:30 - 19:30 <b>Yoga+ Flow Basic 1</b> (Susanne) <b>Prävention</b>	18:30 - 19:30 <b>Yoga+ Flow Basic 2</b> (Susanne) <b>Prävention</b>	18:30 - 19:45 <b>Yoga+ Flow</b> Medium (Maja)	18:30 - 20:00 <b>Yoga+ Faszien &amp; Restorative</b> alle (Ilana) <b>Prävention</b>	18:30 - 20:00 <b>Yoga+ Power Flow</b> Medium (Dragan)		
18:30 - 19:30 <b>Raum 2</b> <b>Yoga+ Yin</b> alle Level (Heike)	18:15 - 19:15 <b>Raum 2</b> <b>Yoga+ Faszien</b> alle Level (Ilana) <b>Prävention</b>	<b>ab 18.4.2018</b> <b>Raum 2</b> 18:30 - 19:30 <b>Yoga+ Meditation</b> <b>NEU</b> alle Level (Bernhard)		18:30 - 19:30 <b>Raum 2</b> <b>Yoga+ Yin,</b> alle Level (Birgit)		
19:45 - 20:45 <b>Yoga+ Flow Basic 2</b> (Claudia / Peter)	19:45 - 21:15 <b>Yoga+ Anusara®</b> Medium (Evgenia)	20:00 - 21:00 <b>Yoga+ Flow</b> Basic 1 (Maja)	20:15 - 21:15 <b>Yoga+ Flow</b> Basic 1 (Annette) <b>Präv.</b>			
<b>ab 7.5.2018</b> <b>Raum 2</b> 19:45 - 20:45 <b>Yoga+ Nidra</b> <b>NEU</b> <b>Tiefenentspannung</b> alle Level (Heike)	<b>Raum 2</b> 19:30 - 20:45 <b>Yoga+ Restorative</b> alle Level (Ilana)		<b>ab 26.4.2018</b> <b>Raum 2</b> 20:15 - 21:15 <b>Yoga+ Core pur</b> <b>NEU</b> alle Level (Bernadette)			

**WORKSHOP**  
**Yoga+ organic**  
**Vinyasa Flow**  
 - natürlich, kraftvoll, organisch -  
**1.5.2018**  
 10:30 - 12:30 Uhr  
 mit Daniel Eichler

Öffnungszeiten Studio: spätestens 30 min. vor Kursbeginn

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