

KURSPLAN

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---------------------------------------|--|--|---|--|---|---|
| | 7:00 – 8:00 Early Bird (Alle) | 6:30 – 7:30 Early Bird (Alle) | | | | |
| 9:00 – 10:15 Vinyasa (Alle) | | | 9:00 – 10:15 Good Morning Yoga (Alle) | 9:15 – 10:30 Vinyasa 1 | 9:30 – 10:45 Yoga Basic (Alle) | 9:45 – 10:45 Pranayama/ Meditation (Alle) |
| | | | | | 11:00 – 12:30 Jivamukti Open (Alle) | 11:00 – 12:30 Vinyasa (Alle) |
| | | | | | 12:45 – 13:15 Chanting Circle (Alle) ab 15.12.2018 | |
| 17:00 – 18:15 Vinyasa 1 | 17:00 – 18:15 Vinyasa (Alle) | 17:00 – 18:15 Absolute Beginner | 17:15 – 18:15 Spiritual Warrior 1 - 2 Jivamukti | | | |
| 18:30 – 20:00 Vinyasa 1 - 2 | 18:30 – 19:45 Gentle Yoga (Alle) | 18:30 – 19:45 Vinyasa 1 | 18:30 – 20:00 Vinyasa 1 - 2 | 18:00 – 19:30 Vinyasa 1 - 2 | | 18:00 – 19:30 Easy Sunday (Alle) |
| 20:15 – 21:30 Yoga Basic (Alle) | 20:00 – 21:30 Vinyasa 2 | 20:00 – 21:30 Yin Yoga/Meditation (Alle) | 20:15 – 21:30 Beginner nur mit Anmeldung! | 19:45 – 21:15 Yin/Yang Yoga (Alle) | | |