



Yoga Stundenplan

STAND 09/24

MONTAG

15 - 15:45
KIDS YOGA
16 - 17
TEENS YOGA
18:30 - 20
YIN YOGA
20:15 - 21
YOGA NIDRA

DIENSTAG

8:30 - 9:30
EARLY BIRD ONLINE
17:45 - 18:30
INKLU YOGA

MITTWOCH

9 - 10:30
HATHA YOGA
11 - 12:15
YIN YOGA
16:30 - 17:30
INKLU YOGA
18:30 - 20
HATHA YOGA
LADYS

DONNERSTAG

8 - 9
MAMSTE
9:30 - 10:45
SAMT YOGA
16:30 - 17:15
KIDS YOGA
17:45 - 19:15
BEST AGE YOGA
19:30 - 21
MÄNNER YOGA

FREITAG

9:30 - 11
DEEP SLOW YOGA

SONNTAG

13 - 16
TAGES RETREAT
1 X MONAT

TAUFGIRCHEN/V

ERDING

ONLINE

GEISENHAUSEN

DORFEN

ALGASING

VHS LA L