

# BALI YOGA STUNDENPLAN / SCHEDULE

Shiva & Buddha Shala | Oktober 2017

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
07:00							
08:00		7:30-8:30 SUNRISE FLOW (OL)		7:40-8:40 MEDITATION (OL, BS)			
09:00		9:00-10:30 HATHA YOGA (BASIC)		9:00-10:30 YOGA ALL LEVELS (OL)			
10:00			10:00-11:30 GENTLE HATHA YOGA (OL)		10:00-11:30 HATHA YOGA (BASIC)		
11:00						11:00-12:30 VINYASA FLOW (OL)	11:00-12:30 VINYASA FLOW (OL)
12:00							
13:00							
14:00							
15:00							
16:00		15:30-17:00 FLOW & ALIGN (OL)			16:00-17:15 ELEMENT FLOW(OL*)	16:00-17:30 VINYASA FLOW (BASIC, BS)	
17:00							
18:00	17:30-19:00 RÜCKEN YOGA (OL)	17:30-19:00 YOGA ALL LEVELS (OL*)	17:30-19:00 VINYASA FLOW (OL*)	17:30-19:00 YOGA ALL LEVELS (OL*)	18:0-19:30 YIN YOGA (OL)		18:00-19:30 SUNSET LADDER FLOW (OL)
19:00							
20:00	19:30-21:00 VINYASA FLOW (OL)	19:30-21:00 RESTORATIVES YIN (OL*)	19:30-21:00 VINYASA FLOW (BASIC, BS)	19:15-20:45 HEAL YOUR BACK (OL*)			
21:00				19:30-21:00 VINYASA FLOW (OL*)	19:30-21:00 YIN YOGA (OL, BS)		

**BASIC** ... Anfänger, Beginners

**OL** ... Open Level, für Alle

**Special Classes** ...  
Vipassana Meditation for free every Thursday  
Bootcamp only in summer

\* ... in English  
BS ... Buddha Shala (2nd yoga room)

We are open 20min  
before & after practice

