

BALI YOGA STUNDENPLAN / SCHEDULE

Shiva & Buddha Shala | 25.12. – 31.12.2017

	MONTAG 25	DIENSTAG 26	MITTWOCH 27.	DONNERSTAG 28	FREITAG 29	SAMSTAG 30	SONNTAG 31
07:00							
08:00							
09:00				9:00-10:30 YOGA ALL LEVELS			
10:00					10:00-11:30 HATHA YOGA		
11:00						11:00-12:30 VINYASA FLOW	11:00-12:30 INSPIRATIONAL FLOW
12:00							
13:00							
14:00							
15:00							
16:00					16:00-17:30 VINYASA BASIC		
17:00							
18:00		18:00-19:30 HOLIDAY FLOW	18:00-19:30 HOLIDAY FLOW	17:30-19:00 YOGA ALL LEVELS	18:00-19:30 YIN YOGA		
19:00							
20:00				19:30-21:00 VINYASA FLOW			
21:00							

BASIC ... Anfänger, Beginners

OL ... Open Level, für alle

Special Classes ...

Vipassana Meditation for free every Thursday and ONLY 1st Saturday every month
Bootcamp only in summer

* ... in English

BS ... Buddha Shala (2nd yoga room)

We are open 20min
before & after practice

