

# Sonntags-Stundenplan

	Yoga	Yoga	Slow Down Yoga
Datum	10:00 - 11:00	11:30 - 13:00	17:00 - 18:15
02.08.20	<i>Morning Breeze</i> Marly	<i>Hanumanasana Flow</i> Michèle G	SOMMERPAUSE
09.08.20	<i>Balance</i> Bianca	<i>Flow with Intention (EN)</i> Suzanne	SOMMERPAUSE
16.08.20	<i>Easy like Sunday Morning</i> Bettina	<i>Sun's out Bun's out</i> Lenya	SOMMERPAUSE
23.08.20	<i>Core Flow</i> Luisa	<i>Open Your Heart</i> Anne	SOMMERPAUSE
30.08.20	<i>Morning Breeze</i> Marly	<i>Detox Flow</i> Bettina	SOMMERPAUSE
06.09.20	<i>Easy Living Flow (EN)</i> Suzanne	<i>Ladder Flow</i> Paula	<i>Slow Flow &amp; Yoga Nidra</i> Marly
13.09.20	<i>Easy Morning</i> Lenya	<i>Weekend Reset</i> Bettina	<i>Open your Heart Yin</i> Michèle G
20.09.20	<i>Twist it Out</i> Luisa	<i>Hüftöffnung</i> Bianca	<i>Treat Yourself</i> <i>Slow Flow, Yin &amp; Meditation</i> Lenya
27.09.20	<i>Rise and Shine</i> Anne	<i>Energizing Flow</i> Luisa	<i>Yin Yoga &amp; Pranayama</i> Michèle G
04.10.20	<i>Happy Heart Flow</i> Bettina	<i>Detox Twists</i> Paula	<i>Self-Care Package</i> <i>Slow Flow, Yin &amp; Meditation</i> Lenya
11.10.20	<i>Deep Stretch (EN)</i> Suzanne	<i>Core Flow</i> Lenya	<i>Slow Flow &amp; Meditation</i> Anne
18.10.20	<i>Sunday Mood Flow</i> Michèle G	<i>Turn it Upside Down</i> Anne	<i>Sweet Slow Flow</i> Paula

Alle Lektionen sind offen für alle Levels/ all classes are open for all Levels

EN = English | [www.hanumanyoga.ch](http://www.hanumanyoga.ch)