

Sonntags-Stundenplan

Datum	Yoga 10:00 - 11:00	Yoga 11:30 - 13:00	Slow Down Yoga 17:00 - 18:15
25.10.20	<i>Treat Yourself*</i> Anna	<i>My Pleasure!*</i> Lena	<i>Stay Connected</i> Yin Yoga* Kim
01.11.20	<i>Easy like Sunday Morning (EN)</i> Suzanne	<i>Go with the Flow</i> Luisa	<i>Yin Yoga & Pranayama</i> Michèle
08.11.20	<i>Smooth Sunday Flow</i> anschl. Smoothie Bar* Lena	<i>Let's Celebrate</i> anschl. Steh-Brunch* Kim & Anna	<i>Go Slow</i> Slow Flow & Yin Yoga anschl. Movie Night* Kim & Anna
15.11.20	<i>Ladder Flow</i> Lorena	<i>Find Your Balance</i> Anne	<i>Sunday Stretch</i> Lena
22.11.20	<i>Immune System Boost</i> inkl. Tumeric Latte Rachel	<i>Feel Good Flow</i> Bianca	<i>Kindfulness Flow & Meditation</i> Anne
29.11.20	<i>Yoga&HIIT</i> Melanie	<i>Open Your Heart</i> Luisa	<i>Candle Light Yin</i> 1. Advent* Lena
06.12.20	<i>Reflektions Flow</i> Bettina	<i>My Pleasure</i> Beckenboden Yoga Lena	<i>Candle Light Yin</i> 2. Advent* Michèle
13.12.20	<i>Good Morning Flow</i> Luisa	<i>Let's get upside down!</i> Anna	<i>Candle Light Yin</i> 3. Advent* Kim
20.12.20	<i>Happy Holidays</i> Bettina	<i>Mandala Flow</i> Michèle	<i>Candle Light Yin</i> 4. Advent* Melanie
27.12.20	<i>After-Christmas Flow</i> Anna	<i>Fierce Flow (EN)</i> Suzanne	<i>Holiday Reset</i> Wohlfühl Flow, Detox Yin & Faszienbälle Kim
03.01.21	<i>Be the Change (EN)</i> Suzanne	<i>Detox Flow</i> Michèle	<i>The Space In & Around Me</i> Slow Flow & Meditation Rachel
10.01.21	<i>Detox your Body</i> Lorena	<i>Crow Flow</i> Anne	<i>Shoulder Care Package</i> Slow Flow, Yin Yoga & Meditation Kim
17.01.21	<i>Twist it out</i> Bettina	<i>Sankalpa Flow</i> Rachel	<i>Winter Yin</i> Michèle

Alle Lektionen sind offen für alle Levels/ all classes are open for all Levels | EN = English

* online Anmeldung via Buchungssystem erforderlich | www.hanumanyoga.ch