

Sonntags-Stundenplan

Datum	Yoga 10:00 - 11:00	Yoga 11:30 - 12:30	Slow Down Yoga 17:00 - 18:15
07.03.21	<i>Super Hero Flow</i> Anna		<i>Grounding Flow & Meditation</i> Anne
14.03.21	<i>Frühlingserwachen Happy Flow</i> Bettina		<i>Evening Flow</i> Lenya
21.03.21	<i>Boost your Fire</i> Kim		<i>Springtime Yin</i> Michèle
28.03.21	<i>Creating Space - Side Bends</i> Lorena		<i>Gentle Flow & Yin</i> Melanie
04.04.21	<i>Sunday Sun Salutations</i> Lenya	<i>Frühlingsflow</i> Bianca	<i>Grounding & Gratitude</i> Fiona
11.04.21	<i>Mindfulness</i> Lorena	<i>Core Flow</i> Sara	<i>Deep Stretch Yin</i> Michèle
18.04.21	<i>Movement Flow</i> Melanie	<i>Compass Pose</i> Bianca	<i>Sunday Calmness</i> Lenya
25.04.21	<i>Active Morning Flow</i> Luisa	<i>Energizing Lunch Flow</i> Lenya	<i>Slow Flow & Yin</i> Bettina
02.05.21	<i>Bloom and Blossom</i> Kim	<i>Ladder Flow</i> Sara	<i>Breathe - Slow Yoga Flow</i> Fiona
09.05.21	<i>Easy Like Sunday Morning</i> Bettina	<i>Slow Flow and Move</i> Melanie	<i>Yin Yoga & Pranayama</i> Michèle
16.05.21	<i>Here comes the Sun - Sonnengrüsse</i> Fiona	<i>Twists</i> Bianca	<i>Evening Breeze</i> Lenya
23.05.21	<i>Finding Balance</i> Lorena	<i>Yoga Joy Flow</i> Anne	<i>Peaceful Sunday Flow</i> Fiona
30.05.21	<i>Smooth Flexibility Flow</i> Luisa	<i>Increase your Energy</i> Luisa	<i>Letting Go</i> Anne

Alle Lektionen sind offen für alle Levels/ all classes are open for all Levels
weitere Infos auf unserer Homepage / info on our homepage

www.hanumanyoga.ch

EN = English