

# Sonntags-Stundenplan

| Datum      | Yoga<br>10:00 - 11:00                   | Yoga<br>11:30 - 12:30                   | Slow Down Yoga<br>17:00 - 18:15                     |
|------------|---|---|---|
| 05.09.2021 | <i>Shine bright Flow</i><br>Larissa     | <i>Shoulders &amp; Hips</i><br>Marija   | <i>Achtsamkeits Flow</i><br>Carmen                  |
| 12.09.2021 | <i>Prana Up!</i><br>Anne                | <i>Keep the Balance</i><br>Carmen       | <i>Open your Heart &amp; Meditation</i><br>Jessi    |
| 19.09.2021 | <i>Grounding</i><br>Marija              | <i>Hips like Honey</i><br>Larissa       | <i>Let Your Breath Flow</i><br>Marly                |
| 26.09.2021 | <i>Firefly Flow</i><br>Larissa          | <i>Breathe &amp; Flow</i><br>Marija     | <i>Forward Folds</i><br>Carmen                      |
| 03.10.2021 | <i>Flow &amp; Fly</i><br>Lenya          | <i>Strength &amp; Stretch</i><br>Lenya  | <i>Slow down, Come down</i><br>Bettina              |
| 10.10.2021 | <i>Same, same but different</i><br>Anne | <i>Weekend Reset</i><br>Anne            | <i>Calming Sunday Flow</i><br>Bianca                |
| 17.10.2021 | <i>Create some Space</i><br>Marija      | <i>Sunday Joy Flow</i><br>Anne          | <i>Sunday Calmness</i><br>Lenya                     |
| 24.10.2021 | <i>Herbstspaziergang</i><br>Lenya       | <i>Yoga meets Pilates</i><br>Jessi      | <i>Slow Flow &amp; Yin</i><br>Bettina               |
| 31.10.2021 | <i>Just Breathe</i><br>Caro             | <i>Core &amp; Tapas</i><br>Bianca       | <i>Mindful Transitions &amp; Slow Flow</i><br>Anne  |
| 07.11.2021 | <i>Body &amp; Mind Flow</i><br>Caro     | <i>Legs, Hips &amp; Core</i><br>Marija  | <i>Creating Space</i><br>Lenya                      |
| 14.11.2021 | <i>Root to Rise</i><br>Caro             | <i>Kraftvoll</i><br>Marija              | <i>Grounding Slow Flow &amp; Meditation</i><br>Anne |
| 21.11.2021 | <i>Rise &amp; Shine</i><br>Bettina      | <i>Detox Morning Flow</i><br>Larissa    | <i>Unwinding Yin</i><br>Anne                        |
| 28.11.2021 | <i>Internal Heat</i><br>Lenya           | <i>Flow towards Christmas</i><br>Carmen | <i>Relax &amp; Rewind</i><br>Jessi                  |

Alle Lektionen sind offen für alle Levels

live im Studio oder online (Zoom Link auf der Homepage)

Kontaktangaben entweder via Buchungssystem oder im Studio

weitere Infos auf unserer Homepage [www.hanumanyoga.ch](http://www.hanumanyoga.ch)