

Sonntags-Stundenplan

Datum	Yoga 10:00 - 11:00	Yoga 11:30 - 12:30	Slow Down Yoga 17:00 - 18:15
05.12.2021	<i>Good Morning Flow</i> Luisa	<i>Ahimsa</i> Bianca	<i>2. Advent Candle Light Yin</i> Lenya
12.12.2021	<i>Let's Move!</i> Luisa	<i>Detoxify!</i> Luisa	<i>3. Advent Candle Light Yin</i> Kim
19.12.2021	<i>Gratitude</i> Marija	<i>Heart Flow</i> Fiona	<i>4. Advent Candle Light Yin</i> Bettina
26.12.2021	<i>Full Body Refresh Flow</i> Kim		
02.01.2022	<i>Hello 2022 – let's twist it around</i> Anna		
09.01.2022	<i>Yoga Energy Boost</i> Larissa	<i>Loving Kindness</i> Carmen	<i>Slow Flow</i> Bianca
16.01.2022	<i>Yoga meets Pilates</i> Jessi	<i>Flow & Breathe</i> Bettina	<i>To New Beginnings</i> Caro
23.01.2022	<i>Strong & Beautiful</i> Larissa	<i>Set an Intention</i> Marija	<i>Sunday Mood Flow</i> Anne
30.01.2022	<i>Ground & Grow</i> Lenya	<i>Core Flow</i> Bianca	<i>Deep Stretch</i> Lenya
06.02.2022	<i>Change the Perspective</i> Carmen	<i>Energized Flow</i> Marija	<i>Grounding Flow</i> Caro
13.02.2022	<i>Recharge Flow</i> Anne	<i>Happy Hearts</i> Bettina	<i>Slow Flow & Meditation</i> Jessi
20.02.2022	<i>Prana up!</i> Anne	<i>Find Your Inner Center</i> Carmen	<i>Creating Space</i> Caro
27.02.2022	<i>Yoga in Motion</i> Larissa	<i>Feel Good Flow</i> Larissa	<i>Sunday Calmness & Yin</i> 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