

Sonntagsklassen August / September 2022

DATUM	ORT	ZEIT	KLASSE	LEVEL/ SPRACHE	LEHRER/IN
7. August	St. Johann	11:00- 12:15	Hanumanasana Slow Vinyasa	1-2 D	Leila
	Innenstadt	17:00- 18:15	Root To Rise Hatha	1 E	Pia
14. August	St. Johann	11:00- 12:15	Going Deep Slow Vinyasa	1-2 E	Melanie
	Innenstadt	17:00- 18:15	Stand Up Vinyasa	1-2 D	Bernard
21. August	St. Johann	11:00- 12:15	Herzchakra Flow Vinyasa	1-2 D	Neira
	Innenstadt	17:00- 18:15	Making Space Slow Vinyasa & Yin	1 D	Lea
28. August	St. Johann	11:00- 12:15	Harvest Heat Slow Vinyasa	1-2 D	Charlotte
	Innenstadt	17:00- 18:15	Stay Calm Yin	1 D	Joana
4. September	St. Johann	11:00- 12:15	Feel The Flow Vinyasa	1-2 D	Joana
	Innenstadt	17:00- 18:15	Follow Your Breath Hatha	1 D	Nora
11. September	St. Johann	11:00- 12:15	Power Yoga Slow Vinyasa	1 E	Anika
	Innenstadt	17:00- 18:15	Sun & Moon Vinyasa & Nidra	1-2 D	Anika
18. September	St. Johann	11:00- 12:15	Übergänge Yin	1 D	Lea
	Innenstadt	17:00- 18:15	Feel Good Booster Vinyasa	1-2 D	Caroline
25. September	St. Johann	11:00- 12:15	Balance Hatha	1-2 D	Anika
	Innenstadt	17:00- 18:15	Ashtanga Inspired Vinyasa	1-2 E	Kathrin