

Sonntagsklassen Juni & Juli 2022

DATUM	ORT	ZEIT	KLASSE	LEVEL/ SPRACHE	LEHRER/IN
5. Juni	St. Johann	11:00- 12:30	Explore & Expand Slow Vinyasa & Yin	1 D	Nora
	Innenstadt	17:00- 18:15	Dynamic Stillness Vinyasa	1-2 D	Nico
12. Juni	St. Johann	11:00- 12:30	Sun Salutation Slow Vinyasa	1 E	Anika
	Innenstadt	17:00- 18:15	Balance Vinyasa	1-2 D	Joana
19. Juni	St. Johann	Stephen Thomas MASTERCLASS			
	Innenstadt	17:00- 18:15	Ashtanga Inspired Vinyasa	1-2 E	Kathrin
26. Juni	St. Johann	11:00- 12:30	Twist It Slow Vinyasa & Yin	1 D	Leila
	Innenstadt	17:00- 18:15	Flowy Sunday Vinyasa	1-2 D	Bernard
03. Juli	St. Johann	11:00- 12:30	Flexibility Flow Vinyasa	1-2 E	Melanie
	Innenstadt	17:00- 18:15	Open Heart Hatha	1-2 D	Nora
10. Juli	St. Johann	11:00- 12:30	Feel Good Flow Vinyasa	1-2 D	Lea
	Innenstadt	17:00- 18:15	Element Feuer Slow Vinyasa	1 D	Charlotte
17. Juli	St. Johann	11:00- 12:30	Letting Go Vinyasa & Yin	1-2 D	Melanie
	Innenstadt	17:00- 18:15	Cooling Hatha	1 E	Pia
24. Juli	St. Johann	11:00- 12:30	Mandala Flow Vinyasa	1-2 E	Anya
	Innenstadt	17:00- 18:15	Ground Yourself Yin	1 D	Joana
31. Juli	St. Johann	11:00- 12:30	Prana Flow Slow Vinyasa	1-2 D	Anika
	Innenstadt	17:00- 18:15	Light Hatha	1 E	Anika