

Sonntagsklassen Oktober / November 2021

DATUM	ORT	ZEIT	KLASSE	LEVEL/ SPRACHE	LEHRER/IN
3. Oktober	St. Johann	11:00- 12:30	Yin & Yang Vinyasa & Yin	1-2 D	Joana
	Innenstadt	17:00- 18:15	Flow Vinyasa	1-2 D	Camilla
10. Oktober	St. Johann	11:00- 12:30	Becoming Slow Vinyasa & Yin	1 D	Charlotte
	Innenstadt	17:00- 18:15	Element Water Slow Vinyasa	1 E	Charlotte
17. Oktober	St. Johann	11:00- 12:30	Back to the Roots Hatha & Pranayama	1 E	Anika
	Innenstadt	17:00- 18:15	Shoulder Stretch Vinyasa	1-2 D	Joana
24. Oktober	St. Johann	11:00- 12:30	Ready to Let Go Yin	1 D	Lea
	Innenstadt	17:00- 18:15	Equanimity Slow Vinyasa	1 E	Anika
31. Oktober	St. Johann	11:00- 12:30	Breathing Skin Slow Vinyasa	1 D	Charlotte
	Innenstadt	17:00- 18:15	Silent Candle Light Yin	1 E	Melanie
7. November	St. Johann	11:00- 12:30	Detox Body & Mind Vinyasa	1-2 D	Tina
	Innenstadt	17:00- 18:15	Sunday Balance Vinyasa	1-2 E	Sibylle
14. November	St. Johann	11:00- 12:30	Recharge Vinyasa & Nidra	1 D	Anika
	Innenstadt	17:00- 18:15	Find your Balance Vinyasa	1 E	Tina
21. November	St. Johann	11:00- 12:30	Slow Vinyasa & Meditation Slow Vinyasa	1 E	Sibylle
	Innenstadt	17:00- 18:15	Herzöffnung Vinyasa	1-2 D	Rahel
28. November	St. Johann	11:00- 12:30	Yoga des Feuers Hatha	1-2 D	Hervé
	Innenstadt	17:00- 18:15	Unwind Restorative Yoga	1 E	Pia