

# HÖSTSCHEMA

24 augusti – 23 december 2020



YogaDevi Järfälla :: Boka kurs eller kom drop-in

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
6.30–7.45 (MO/GF) <b>ASHTANGAYOGA</b> Ledd klass Kurs/drop-in  6.15-8.30 <b>MYSORE STYLE</b> Kurs/drop-in		6.00–6.30 (MO) <b>PRANAYAMA</b>  6.15-8.30 <b>ASHTANGAYOGA MYSORE</b> Kurs/drop-in	6.30-7.45 (MB) <b>YINYOGA ONLINE</b> Alla nivåer Kurs/drop in	6.00–8.30 (MO) <b>ASHTANGAYOGA</b> Mysore/Intro till <b>Mysore</b> Kurs/drop-in Assist: 6.30–8.00 <i>Ledd primary 4/9, 2/10, 6/11, 5/12</i>		8.30-10.15 (MO) <b>ASHTANGAYOGA</b> <b>Söndagsmysore</b>  1 gång i månaden
10.00-11.15 (MO) <b>HATHAYOGA MJUK &amp; SENIORYOGA</b> Kurs/drop-in		11.30-12.30 (MO) <b>ASHTANGA LUNCHKLASS</b> Alla nivåer Drop-in			9.00-10.30 (MO) <b>ASHTANGAYOGA</b> forts/Mysore Kurs/drop-in  Gemensam start 09.00	10.30-11.45 (HE) <b>SLOW-FLOW</b> Alla nivåer Kurs/drop-in
		16.45-17.45 (HE) <b>UNGDOMSYOGA</b> 12-16 år Alla nivåer Kurs/drop in	16.30-17.45 (GF) <b>MEDIYOGA</b> Alla nivåer Kurs/drop in	13.00-14.15 (MO) <b>YINYOGA LUNCKLASS</b> Alla nivåer Kurs/drop in		15.30-16.30 (AM) <b>INTRO TILL ASHTANGAYOGA</b> Drop-in
17.45-19.00 (MO) <b>ASHTANGAYOGA</b> Nybörjare Kurs/drop-in	18.00-19.15 (MR) <b>YINYOGA</b> Alla nivåer, Kurs/drop-in	18.00–19.15 (HE) <b>HATHAYOGA MJUK</b> Kurs/drop-in	18.00–19.30 (GF) <b>ASHTANGAYOGA</b> Forts/Intro till Mysore Kurs/drop-in  Mysore från 17.45	17.00-18.15 (MB/CS) <b>RESTORATIVE YOGA</b> 4/9, 2/10, 6/11, 5/12		17.00-18.30 (MO/MB) <b>YINYOGA/ PRANAYAMA</b> Alla nivåer Kurs/drop-in
19.15-21.00 (MO) <b>ASHTANGAYOGA</b> Mysore Kurs/drop-in  Start från 19.05	19.30-21.00 (MR) <b>ASHTANGAYOGA</b> Fortsättning Kurs/drop-in	19.30-20.45 (CS) <b>ASHTANGAYOGA</b> Nybörjare Kurs/drop-in	19.45-21.00 (HE) <b>YINYOGA</b> Alla nivåer Kurs/drop in			18.45-20.15 (GF) <b>GRAVIDYOGA</b> Kurs/drop-in

## Lärare:

MO = Maria Olsten

MR = Maria Robarth

MB = Marita Berg Gustafsson

GF = Gigi Fridfinnsdottir

HL = Hanna Engstrand

CS = Cecilia Stadtaus

AM = Anna Myrefjord

IF = Ida Frykler (förädraledig)