

ONLINE SCHEMA

VÅRTERMIN 1 FEBRUARI – 20 JUNI 2021



ONLINESHALA

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
		6.00-6.25 Pranayama				
6.30-7.45 ASHTANGAYOGA FORTSÄTTNING (var 3:e vecka Mysore)	6.30-8.15 ASHTANGAYOGA MYSORE STYLE	6.30-8.15 ASHTANGAYOGA MYSORE STYLE	6.30-7.45 YINYOGA	6.30-8.15 ASHTANGAYOGA MYSORE STYLE/LEDD PRIMARY	9.00-10.30 ASHTANGAYOGA FORTSÄTTNING (var 3:e vecka Mysore)	9.00-11.30 ASHTANGAYOGA MYSORE STYLE
10.00-11.15 HATHA/YINYOGA & SENIORYOGA	12.00-13.00 ASHTANGAYOGA	11.15-12.15 LUNCHYOGA (Dynamisk)	12.00-13.00 ASHTANGAYOGA	13.00-14.15 YINYOGA LUNCKLASS	10.00- 11.30 ASHTANGAYOGA LED HALF PRIMARY	10.30-11.45 HATHA SOUL-FLOW
	14.00-15.30 MEDIYOGA		15.30-16.45 MEDIYOGA			
	16.30-17.45 ASHTANGAYOGA NYBÖRJARE TRADITIONELL 5 ggr		16.30-17.45 MEDIYOGA			16.30-18.00 YINYOGA & PRANAYAMA
17.30-19.00 ASHTANGAYOGA MYSORE STYLE	17.30-19.00 ASHTANGAYOGA MYSORE STYLE			17.00-18.30 RESTORATIVE YOGA (ojämna veckor)		17.30-19.00 YINYOGA
17.45-19.00 ASHTANGAYOGA NYBÖRJARE TRADITIONELL	17.15-18.45 ASHTANGAYOGA LED HALF PRIMARY		18.00-19.15 HATHA SOUL-FLOW			
	18.00-19.15 YINYOGA		18.30- 20.00 HATHA/ RESTORATIVE 8 ggr			
19.15-21.00 ASHTANGAYOGA Intro till Mysore	19.00-20.30 ASHTANGAYOGA LED HALF PRIMARY	19.00-20.30 YINYOGA & PRANAYAMA	19.15-20.45 YINYOGA			
19.15-20.30 ASHTANGAYOGA NYBÖRJARE TRADITIONELL (Februari)	19.15-20.30 YINYOGA PRANAYAMA	19.00-20.00 ASHTANGAYOGA NYBÖRJARE TRADITIONELL (Februari)	19.30-20.45 YINYOGA			