

HÖSTSCHEMA 2021

29 augusti – 23 december 2021



YogaDevi Järfälla :: Boka kurs eller kom drop-in

MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
6.30–8.00 (GF) ASHTANGAYOGA Intro till Mysore & Mysore Kurs/drop-in		6.30-8.30 (MO) ASHTANGAYOGA Intro till Mysore & Mysore Kurs/drop-in	ENDAST ONLINE 6.30-7.45 (MB) YINYOGA Alla nivåer Kurs/drop in	6.00–6.25 (MO) PRANAYAMA 📺 6.30–8.30 (MO) ASHTANGAYOGA Intro till Mysore & Mysore Kurs/drop-in Ledd primary 1 gång i månaden 📺		
9.00-10.15 (MO) HATHAYOGA/ SENIORYOGA Alla nivåer Kurs/drop-in 📺				12.00-13.00 (MO) LUNCHYOGA Alla nivåer Drop-in 📺	9.00-10.45 (MO) ASHTANGAYOGA Intro till Mysore & Mysore Kurs/drop-in	10.00-11.30 (IF) ASHTANGAYOGA Ledd klass Kurs/drop-in 📺
	16.30-17.30 (BC) CORE-YOGA Alla nivåer Kurs/drop-in 📺	16.45-17.15 (MO) PRANAYAMA Alla nivåer Drop-in 📺			11.30-13.00 (MR) YOGA FÖR STELA SNUBBAR Alla nivåer Kurs/drop-in Jämna veckor	
17.30-18.45 (AM) ASHTANGAYOGA Nybörjare Kurs/drop-in	17.45-19.00 (MR) YINYOGA Alla nivåer, Kurs/drop-in 📺	17.30-19.00 (MO) ASHTANGAYOGA Intro till Mysore & Mysore Kurs/drop-in Start från 17.15 📺	17.00-18.15 (GF) MEDIYOGA FÖR HORMON-BALANS Alla nivåer Kurs/drop in 📺	17.00-18.30 (MB) RESTORATIVE & YOGANIDRA Kurs/drop in Ojämna veckor 📺	13.30-14.15 (MS) FAMILJEYOGA Alla nivåer Kurs 📺	16.30-17.45 (HM) SOUL-FLOW YOGA Alla nivåer Kurs/drop-in
19.00-20.45 (MO) ASHTANGAYOGA Intro till Mysore & Mysore Kurs/drop-in	19.15-20.30 (MR) ASHTANGAYOGA Nybörjare Kurs/drop-in	19.15-20.30 (AM/RB) YINYOGA Alla nivåer Kurs/drop in 📺	18.30-20.15 (JL) HATHAYOGA FOUNDATION Alla nivåer Kurs/drop in 📺	16.30-17.30 (rull) AW-YOGA Drop-in Jämna veckor	14.30-15.15 (MS) FRÅN NOLL TILL YOGA - UNGDOMSYOGA Alla nivåer Kurs	18.00-19.15 (SO) MEYINYOGA Alla nivåer Kurs/drop-in 📺

Studion öppnar 15 minuter innan klassen startar

📺 Klassen sänds även online

Lärare:

MO = Maria Olsten
MR = Maria Robarth
MB = Marita Berg Gustafsson
GF = Gigi Fridfinnsdottir
HM = Hanna Modig
AM = Anna Myrefjord
SO = Sussi Obenius
IF = Ida Frykler
RB = Rebecca Bergqvist-Knutsson
BC = Bea Casselholm de Salles
MS = Mia Söderlind
CS = Cecilia Stadtaus

*“If we are peaceful, if we are happy,
we can smile and blossom like a flower,
and everyone in our family, our entire society,
will benefit from our peace.”*

Thich Nhat Hanh