



# SOMMARSHEMA

24 JUNI – 25 AUGUSTI 2024 VECKA 26–34

|                      | MÅNDAG   | TISDAG   | ONSDAG   | TORSDAG  | FREDAG   | L | SÖNDAG   |
|----------------------|--|--|--|--|--|---|--|
| V. 25<br>17-23/6     | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               | <b>MIDSOMMAR</b>   | <b>MIDSOMMAR</b>                               |   |  |
|                      | 12.00-13.00<br><b>ASHTANGAYOGA</b>                           |  | 12.00-13.00<br><b>ASHTANGAYOGA</b>                           |  |  |   |  |
|                      | 17.15-18.45<br><b>MYSORE</b>                                 | 17.15-18.45<br><b>LEDD</b>                                   | 17.15-18.45<br><b>MYSORE</b>                                 |  |  |   |  |
| V. 26<br>24-30/6     | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b> |   | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b> |
|                      | 12.00-13.00<br><b>ASHTANGAYOGA</b>                           |  | 12.00-13.00<br><b>ASHTANGAYOGA</b>                           |  |  |   |  |
|                      | 17.15-18.45<br><b>MYSORE</b>                                 | 17.15-18.45<br><b>LEDD</b>                                   | 17.15-18.45<br><b>MYSORE</b>                                 | 17.15-18.45<br><b>LEDD</b>                                   |  |   |  |
|                      | 19.00-20.15<br><b>ASHTANGAYOGA NYBÖRJARE</b><br>Intensivkurs | 19.00-20.15<br><b>ASHTANGAYOGA NYBÖRJARE</b><br>Intensivkurs | 19.00-20.15<br><b>ASHTANGAYOGA NYBÖRJARE</b><br>Intensivkurs | 19.00-20.15<br><b>ASHTANGAYOGA NYBÖRJARE</b><br>Intensivkurs |  |   |  |
| V. 27<br>1-7/7       | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               |  | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               |  | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b> |   |  |
|                      | 17.15-18.45<br><b>MYSORE</b>                                 | 17.15-18.45<br><b>LEDD</b>                                   | 17.15– 18.45<br><b>MYSORE</b>                                | 17.15-18.45<br><b>LEDD</b>                                   |  |   |  |
| V. 28<br>8-14/7      | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               |  | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               |  | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b> |   |  |
|                      | 17.15-18.45<br><b>MYSORE</b>                                 | 17.15-18.45<br><b>LEDD</b>                                   | 17.15– 18.45<br><b>MYSORE</b>                                | 17.15-18.45<br><b>LEDD</b>                                   |  |   |  |
| V.29<br>15-21/7      | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               |  | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               |  | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b> |   |  |
|                      | 17.15-18.45<br><b>MYSORE</b>                                 | 17.15-18.45<br><b>LEDD</b>                                   | 17.15– 18.45<br><b>MYSORE</b>                                | 17.15– 18.45<br><b>LEDD</b>                                  |  |   |  |
| V. 30-31<br>22/7-4/8 | <b>STÄNGT</b>  | <b>STÄNGT</b>  | <b>STÄNGT</b>  | <b>STÄNGT</b>  | <b>STÄNGT</b>                                  |   | <b>STÄNGT</b>                                  |
| V. 32<br>5-11/8      | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               |  | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               |  | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b> |   |  |
|                      | 17.15-18.45<br><b>MYSORE</b>                                 | 17.15-18.45<br><b>LEDD</b>                                   | 17.15– 18.45<br><b>MYSORE</b>                                | 17.15-18.45<br><b>LEDD</b>                                   |  |   |  |
| V. 33<br>12-18/8     | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b> |   |  |
|                      | 12.00-13.00<br><b>ASHTANGAYOGA</b>                           |  | 12.00-13.00<br><b>ASHTANGAYOGA</b>                           |  |  |   |  |
|                      | 17.15-18.45<br><b>MYSORE</b>                                 | 17.15– 18.45<br><b>LEDD</b>                                  | 17.15-18.45<br><b>MYSORE</b>                                 | 17.15– 18.45<br><b>LEDD</b>                                  |  |   |  |
|                      | 19.00-20.15<br><b>ASHTANGAYOGA NYBÖRJARE</b><br>Intensivkurs | 19.00-20.15<br><b>ASHTANGAYOGA NYBÖRJARE</b><br>Intensivkurs | 19.00-20.15<br><b>ASHTANGAYOGA NYBÖRJARE</b><br>Intensivkurs | 19.00-20.15<br><b>ASHTANGAYOGA NYBÖRJARE</b><br>Intensivkurs |  |   |  |
| V. 34<br>19-25/8     | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b>               | 6.15– 9.00<br>(ass till 8.15)<br><b>MYSORE</b> |   | 8.00-9.30<br><b>MYSORE</b>                     |
|                      | 12.00-13.00<br><b>ASHTANGAYOGA</b>                           | 12.00-13.00<br><b>ASHTANGAYOGA</b>                           | 12.00-13.00<br><b>ASHTANGAYOGA</b>                           | 12.00-13.00<br><b>ASHTANGAYOGA</b>                           | 12.00-13.00<br><b>ASHTANGAYOGA</b>             |   |  |
|                      | 17.15-18.45<br><b>MYSORE</b>                                 | 17.15– 18.45<br><b>LEDD</b>                                  | 17.15-18.45<br><b>MYSORE</b>                                 | 17.15-18.45<br><b>LEDD</b>                                   |  |   |  |
|                      | 15.45-16.45<br><b>MEDIYOGA</b><br>Prova-på                   | 15.45-16.45<br><b>SHAMANIC YIN</b><br>Prova-på               | 15.45-16.45<br><b>LYMFYOGA</b><br>Prova-på                   |  |  |   | 17.15-18.15<br><b>YINYOGA</b><br>Prova-på      |
|                      | 19.00-20.00<br><b>ASHTANGAYOGA</b><br>Prova-på               | 19.00-20.00<br><b>ASHTANGAYOGA</b><br>Prova-på               | 19.00-20.00<br><b>YINYOGA</b><br>Prova-på                    | 19.00-20.00<br><b>ASHTANGAYOGA</b><br>Prova-på               |  |   | 18.45-19.45<br><b>ASHTANGAYOGA</b><br>Prova-på |

4-DAGARS INTENSIVKURS I ASHTANGAYOGA FÖR NYBÖRJARE :: 19.00-20.15 :: 24-27/6 eller 12-15/8 :: 850 kr  
**PROVA-PÅ-VECKA INNAN TERMINSSTART 19-25/8**

Ta med eller tipsa en vän, familjemedlem eller kollega. Boka dig på vår hemsida för 100 kr per pass.