

SOMMARSHEMA

15 JUNI – 30 AUGUSTI 2026 :: VECKA 25 – 35

Yoga som möter dig där du är.



| | MÅNDAG | TISDAG | ONSDAG | TORSDAG | FREDAG | LÖRDAG | SÖNDAG |
|-----------------------------|-----------------------------|------------------------------|-----------------------------|-----------------------------|-----------------------------|---------------------|----------------------|
| V.25 15-21 juni | 6.15– 9.00 MYSORE | 6.15– 9.00 MYSORE | 6.15– 9.00 MYSORE | STÄNGT MIDSOMMAR | STÄNGT MIDSOMMAR | STÄNGT | STÄNGT |
| | 12.00-13.00 ASHTANGAYOGA | | 12.00-13.00 ASHTANGAYOGA | | | | |
| | 15.45-17.00 MEDIYOGA | | | | | | |
| | 17.15-18.45 MYSORE | 17.15-18.45 ASHTANGAYOGA | 17.15-18.45 MYSORE | | | | |
| | | 19.00-20.15 YIN | | | | | |
| V.26 22-28 juni | 6.15– 9.00 MYSORE | | 6.15– 9.00 MYSORE | | 6.15– 9.00 MYSORE | | 9.00-11.00 MYSORE |
| | 12.00-13.00 ASHTANGAYOGA | | 12.00-13.00 ASHTANGAYOGA | | | | |
| | 17.15-18.45 MYSORE | 17.15-18.45 ASHTANGAYOGA | 17.15-18.45 MYSORE | 17.15-18.45 ASHTANGAYOGA | | | |
| | | 19.00-20.15 YIN | | 19.00-20.15 HATHA LUGN | | | |
| V.27 29 juni – 5 juli | 6.15– 9.00 MYSORE | | 6.15– 9.00 MYSORE | | 6.15– 9.00 MYSORE | | 9.00-11.00 MYSORE |
| | 12.00-13.00 ASHTANGAYOGA | | 12.00-13.00 ASHTANGAYOGA | | | | |
| | 17.15-18.45 MYSORE | 17.15-18.4 ASHTANGAYOGA | 17.15–18.45 MYSORE | | | | |
| | | 19.00-20.15 YIN | | 19.00-20.15 HATHA LUGN | | | |
| V.28 6-12 juli | 6.15– 9.00 MYSORE | | 6.15– 9.00 MYSORE | | 6.15– 9.00 MYSORE | | |
| | 17.15-18.45 MYSORE | 17.15-18.45 ASHTANGAYOGA | 17.15–18.45 MYSORE | | | | |
| V.29 13-19 Juli | 6.15– 9.00 MYSORE | | 6.15– 9.00 MYSORE | | 6.15– 9.00 MYSORE | | |
| | 17.15-18.45 MYSORE | 17.15-18.45 ASHTANGAYOGA | 17.15–18.45 MYSORE | | | | |
| V.30-31 | STÄNGT | STÄNGT | STÄNGT | STÄNGT | STÄNGT | | STÄNGT |
| V.32 3-9 augusti | 6.15– 9.00 MYSORE | | 6.15– 9.00 MYSORE | | 6.15– 9.00 MYSORE | | |
| | 17.15-18.45 MYSORE | 17.15–18.45 ASHTANGAYOGA | 17.15-18.45 MYSORE | 17.15–18.45 ASHTANGAYOGA | | | |
| | | 19.00-20.15 YINYOGA | | 19.00-20.15 HATHA LUGN | | | |
| V.33 10-16 augusti | 6.15– 9.00 MYSORE | | 6.15– 9.00 MYSORE | | 6.15– 9.00 MYSORE | | 9.00-11.00 MYSORE |
| | 12.00-13.00 ASHTANGAYOGA | | 12.00-13.00 ASHTANGAYOGA | | | | |
| | 17.15-18.45 MYSORE | 17.15–18.45 ASHTANGAYOGA | 17.15-18.45 MYSORE | 17.15–18.45 ASHTANGAYOGA | | | |
| | | 19.00-20.15 YINYOGA | | 19.00-20.15 YINYOGA | | | |
| V.34 17-23 augusti | 6.15– 9.00 MYSORE | 6.15– 9.00 MYSORE | 6.15– 9.00 MYSORE | 6.15– 9.00 MYSORE | 6.15– 9.00 MYSORE | | 9.00-11.00 MYSORE |
| | 12.00-13.00 ASHTANGAYOGA | | 12.00-13.00 ASHTANGAYOGA | | 12.00-13.00 ASHTANGAYOGA | | |
| | 17.15-18.45 MYSORE | 17.15–18.45 ASHTANGAYOGA | 17.15-19.00 MYSORE | 17.15-18.45 MYSORE | | | |
| | | 19.00-20.15 YINYOGA | | 19.00-20.15 YINYOGA | | | |
| V.35 24-30 augusti | 6.15– 9.00 MYSORE | 6.15– 9.00 MYSORE | 6.15– 9.00 MYSORE | 6.15– 9.00 MYSORE | FULLMÅNE | 9.00-10.15 HATHA | 9.00-11.00 MYSORE |
| | | 11.00 – 11.45 COREYOGA | | | | | |
| | 12.00-13.00 ASHTANGAYOGA | 12.00-13.00 HATHA FLOW | 12.00-13.00 ASHTANGAYOGA | 12.00-13.00 HATHA FLOW | | | |
| | 17.15-18.45 MYSORE | | 17.15-19.00 MYSORE | 17.15-18.45 MYSORE | | | |
| | | 17.15-18.45 ASHTANGA LEDD | | | | | |