



Kursplan Yoga Centrum Erding
ab 01.01.-07.04.2022

Montag		Dienstag		Mittwoch		Donnerstag	
		Hatha Yoga (Ines) 9.00-10.30		Hatha Yoga (Ines) 9.00-10.30		Morning Flow (Simone) 9.15-10.45	
			Ashtanga Yoga (Simone) 17:30-19:00			Yoga für den gesunden Rücken (Regina) 17.00-18.15	
Body & Mind (Sonja) Oberneuching 18:30-19:45		Body & Mind (Sonja) 18:30-19:45	Hatha Yoga (Simone) 19:30-20:45	Hatha Yoga/ (Ines) 18.00-19.30	Yoga für Schwangere (Simone) 18.20-19.40	Vinyasa Flow (Simone) 18.30-19.45	Qi Gong (Regina) 18.30-19.30
Hatha Yoga/ (Ines) 20:00-21:30		Body & Mind (Sonja) 20.00-21.15	Yin Yoga (Ines) 20.00-21.30 (ZOOM)	Hatha Yoga (Simone) 20.00-21.30		Yoga Männer (Simone) 20.00-21.30	
						Body & Mind (Sonja) Oberneuching 18.30-19.45	