



**Kursplan Yoga Centrum Erding**  
ab 01.05.-30.07.2022

	<b>Montag</b>		<b>Dienstag</b>		<b>Mittwoch</b>		<b>Donnerstag</b>	
			Hatha Yoga (Ines) 9.00-10.30		Hatha Yoga (Ines) 9.00-10.30			
				Ashtanga Yoga (Simone) 16:45-18:15			Yoga für den gesunden Rücken (Regina) 17.00-18.15	
	Body & Mind (Sonja) 18:30-19:45		Body & Mind (Sonja) 18:30-19:45	Hatha Yoga (Simone) 18:30-19:45	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		Body & Mind (Sonja) Oberneuching 18.30-19.45	Yoga Männer (Simone) 20.15-21.45
							Body & Mind (Sonja) Oberneuching 20.00-21.15	