ZOOM Kursplan
Yoga Centrum Erding ab
23.11.2020 - 31.12.2020

Montag	Dienstag	Mittwoch	Donnerstag
		Hatha Yoga/ Yin Yoga (Ines) **9.00-10.30** Hatha 25.11/ Hatha 02.12/ Yin 9.12/Hatha 16.12 **Body & Mind** (Sonja) **9.00-10.15**	**Morning Flow** (Simone) **9.15-10.30**
Yoga gentle flow (Simone) **16:45-18.00**			**Yoga für den gesunden Rücken** (Regina) **15:15-16:30**
Body & Mind (Sonja) **17.00-18.00**	**Ashtanga Yoga** (Simone) **18.00-19.30** nur für TN mit Erfahrung!	**Hatha Yoga/Yin Yoga** (Ines) **18.15-19.30** Hatha 25.11 Hatha 02.12/ Yin 9.12/ Hatha 16.12	**Yoga für den gesunden Rücken** (Regina) **16.45-18.00**
Body & Mind (Sonja) **18.15-19.30**	**Body & Mind** (Sonja) **18.15-19.30**	**Body & Mind** (Sonja) **19.30-20.45**	**Body & Mind** (Sonja) **18.15-19.15**
Hatha Yoga/ Yin Yoga (Ines) **20.00-21.30** Yin 23.11/ Hatha 30.11 Hatha 7.12/ YIN 15.12	**Yin Yoga** (Ines) **20.00-21.30** **Body & Mind** (Sonja) **20.00-21.15**	**Hatha Yoga** (Simone) **20.00-21.30**	**Qi Gong** (Regina) **18.30-19.30** **Vinyasa Flow** (Simone) **18.30-19.45** **Body & Mind** (Sonja) **20.00-21.15**