

MÅNDAG

06:30-09:30
Mysore (Ashtanga)
David Fredriksson
Sal 1

07:00-08:15
Yogayamaklass 2-3
Tove Åsell
Sal 2

10:00-11:30
Hatha 2
Jonas Rådahl
Sal 1

12:00-13:00
Vinyasa 1-2
Kripa Patra
Sal 1

12:00-13:00
Yin 2
Jonas Rådahl
Sal 2

12:00-13:00
Ishtha-meditation
ChungMei Lee
Sal 3

16:30-17:45
Tonårsyogakurs
13-15 år
12 tillfällen/termin
Marta Lönnberg/
Josephine Irvstam*
Sal 3

17:15-18:45
Yin 1-3
Tove Åsell
Sal 2

17:15-18:45
Hatha/Pranayama
ChungMei Lee
Sal 1

18:00-20:00
Mysore (Ashtanga)
David Fredriksson
Sal 3

19:00-20:30
Vinyasa 2
Shay Peretz
Sal 1

TISDAG

06:30-09:55
Mysore (Ashtanga)
David Fredriksson
Sal 1

07:00-08:15
Yogayamaklass 1-2
Nenne Folkesson
Sal 2

10:00-11:30
Vinyasa 2
Shay Peretz
Sal 2

10:30-11:45
Hatha 2
Sara Granström
Sal 1

12:00-13:00
Vinyasa 1-2
Shay Peretz
Sal 1

12:00-13:00
Pranayama
(Andning)
Sara Granström
Sal 2

13:15-14:15
Mamma-/baby yoga
Kripa Patra
Sal 1

17:30-19:00
Hatha 2
Acharya Sequence
Ratheesh Mani
Sal 1

17:30-19:00
Vinyasa 2-3
Jonas Rådahl
Sal 2

19:15-20:30
Yin 1-3
Jonas Rådahl
Sal 1

ONSDAG

06:30-09:30
Mysore (Ashtanga)
Laruga Glaser
Sal 1

07:00-08:15
Hatha 2
Kripa Patra
Sal 2

08:45-09:45
Terapeutisk Hatha
Carina Schütt
Sal 2

10:00-11:30
Restorative
Sarah Jonsson
Sal 1

12:00-13:00
Vinyasa 2
Kripa Patra
Sal 1

12:00-13:00
Yin 1-2
Sarah Jonsson
Sal 2

16:15-17:15
Barneyogakurs 10-12 år
12 tillfällen/termin
Carina Schütt
Sal 1

16:30-18:00
Gravidyoga
Kripa Patra
Sal 2

17:30-18:55
Vinyasa 2-3
Ted Sikström
Sal 1

18:00-20:00
Mysore (Ashtanga)
Rebecca Zelwak
Sal 3

19:00 - 20:30
Yin/Restorative
Kerstin Moreau
Sal 1

TORSDAG

06:30-09:55
Mysore (Ashtanga)
Laruga Glaser
Sal 1

07:00-08:15
Vinyasa 1
Linn-Isabell
Westerlund
Sal 2

10:00-11:30
Hatha 1-2
ChungMei Lee
Sal 1

10:00-11:00
Mamma-/baby yoga
Kripa Patra
Sal 2

12:00-13:00
Hatha 2-3
Acharya Sequence
Ratheesh Mani
Sal 1

12:00-13:00
Vinyasa 1
Annika Berger
Sal 2

12:00-13:00
Ishtha-meditation
ChungMei Lee
Sal 3

16:30-17:55
Yin/Restorative
Sarah Jonsson
Sal 1

17:30-19:00
Vinyasa 2
Marianne Sundell
Sal 2

18:00-19:00
Hatha 1 **Ny!**
Martina Cederqvist
Sal 3

FREDAG

06:30-09:30
Mysore (Ashtanga)
Joakim Gavazzeni
Sal 1

08:30-09:45
Vinyasa 2
Kripa Patra
Sal 2

10:00-11:30
YogaLab
Jonas Rådahl
Sal 2

10:30-11:55
Hatha/Pranayama
Sara Granström
Sal 1

12:00-13:00
Vinyasa 2-3
Jonas Rådahl
Sal 1

12:00-13:00
Hatha 1-3
Sandra Lones
Sal 2

12:00-13:00
Gravidyoga
Kripa Patra
Sal 3

15:00-16:55
Restorative
Sarah Jonsson
Sal 1

16:15-18:15
Mysore (Ashtanga)
Jasmin Hedlund
Sal 3

17:00-18:15
Hatha 2
Sarah Jonsson
Sal 1

LÖRDAG

09:00-10:15
Hatha 1-2
Linn-Isabell
Westerlund/
Malin Sävstam*
Sal 1

10:30-12:00
Vinyasa 2
Anna Gordh
Humlesjö/
ChungMei Lee*
Sal 1

12:15-13:15
Yin/Meditation **Ny!**
Luke Bache/
ChungMei Lee
Sal 1

13:30-14:45
Vinyasa 1
Luke Bache/
Linn Hansson*
Sal 1

15:00-16:30
Yin 1-3
Linn Hansson
Sal 1

*varannan
vecka



SCHEMA HT19 YOGAYAMA ÖSTERMÄLM 19/8 - 22/12 2019

Vi reserverar oss för eventuella ändringar i samtliga publicerade scheman. Schemat uppdateras kontinuerligt under terminen. För den senaste uppdaterade versionen, se schemat i vår app eller på vår hemsida.