

MÅNDAG

06:30-09:30
Mysore (Ashtanga)
Programansvariga
Laruga Glaser &
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
Jonas Rådahl
Sal 2

12:00-13:00
Terapeutisk Hatha
ChungMei Lee
Sal 3

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

17:15-18:45
Yin
Tove Åsell
Sal 1

17:15-18:45
Hatha/Pranayama
ChungMei Lee
Sal 2

18:00-20:00
Mysore (Ashtanga)
Programansvariga
Laruga Glaser &
David Fredriksson
Sal 3

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

TISDAG

06:30-09:55
Mysore (Ashtanga)
Programansvariga
Laruga Glaser &
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/
Guy Powiecki
Sal 1

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

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

17:15-18:45
Yogayamaklass 1-2
Tove Åsell
Sal 1

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

17:30-19:00
Vinyasa 2-3
Guy Powiecki
Sal 2

19:15-20:30
Yin
Jonas Rådahl
Sal 1

19:15-20:30
Vinyasa 1
Ted Sikström
Sal 2

ONSDAG

06:30-09:55
Mysore (Ashtanga)
Programansvariga
Laruga Glaser &
David Fredriksson
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
Sarah Jonsson
Sal 2

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

Från v.7

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)
Programansvariga
Laruga Glaser &
David Fredriksson
Sal 3

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

TORSDAG

06:30-09:55
Mysore (Ashtanga)
Programansvariga
Laruga Glaser &
David Fredriksson
Sal 1

07:00-08:15
Vinyasa 1
Shay Peretz
Sal 2

09:30-11:00
Yin Explore
Sofie Ringsten
Sal 2

10:15-11:45
Hatha 1-2
ChungMei Lee
Sal 1

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

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

11:45-12:00
Intro till
Ishta-meditation
ChungMei Lee

12:00-13:00
Ishta-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
Annika Berger
Sal 3

FREDAG

06:30-09:30
Mysore (Ashtanga)
Programansvariga
Laruga Glaser &
David Fredriksson
Sal 1

08:30-09:45
Vinyasa 1
Kripa Patra
Sal 2

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

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

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

12:00-13:00
Gravidyoga
Kripa Patra
Sal 2

13:15-14:15
Hatha 1-3
Sandra Lones
Sal 1

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

16:15-18:15
Mysore (Ashtanga)
Programansvariga
Laruga Glaser &
David Fredriksson
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
ChungMei Lee/
Linn-Isabell
Westerlund
Sal 1

13:30-14:45
Vinyasa 1
Linn-Isabell
Westerlund
Sal 1

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

*varannan vecka



SCHEMA VT20 YOGAYAMA ÖSTERMÄLM 13/1 - 19/6 2020

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