



**Yogayama Östermalm**  
**SOMMARSHEMA 2020**  
**v.25-33, 19/6-16/8**

Med reservervation för ändringar.

**MÅNDAG 22/6**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**10:00-11:15**  
Hatha 2-3  
Jonas Rådahl  
Sal 1&2

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

**13:15-14:15**  
Mjuk Hatha &  
Meditation  
Kripa Patra  
Sal 1&2

**16:00-17:15**  
Hatha 1-2  
ChungMei Lee  
Sal 1&2

**17:30-18:45**  
Gravidyoga  
Kripa Patra  
Sal 3

**17:30-18:45**  
Yin  
Sandra Lones  
Sal 1&2

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

**TISDAG 23/6**

**06:00-10:00**  
Mysore (Ashtanga)  
Sal 1&2

**10:15-11:45**  
Hatha 2-3  
Shay Peretz  
Sal 1&2

**12:00-13:00**  
Vinyasa 1-2  
Ted Sikström  
Sal 1&2

**16:00-17:15**  
Vinyasa 1  
Anakin Wagner  
Sal 1&2

**17:30-18:45**  
TT Klass  
Lärare från  
TT-utbildningen  
Sal 3

**17:30-19:00**  
Hatha 3  
Kripa Patra  
Sal 1&2

**19:15-20:30**  
YinMeditation  
Magnus Fridh  
& Sheila Arnell  
Sal 1&2

**ONSDAG 24/6**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**08:30-09:45**  
Vinyasa 2-3  
Kripa Patra  
Sal 2

**10:15-11:30**  
Hatha 1-2  
Sarah Jonsson  
Sal 1&2

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

**13:15-14:15**  
Hatha 2-3  
Shay Peretz  
Sal 1&2

**16:00-17:15**  
Yogayamklass  
Nenne Folkeson  
Sal 1&2

**17:00-19:00**  
Mysore (Ashtanga)  
Sal 3

**17:30-18:45**  
Vinyasa 2-3  
Anakin Wagner  
Sal 1&2

**19:00-20:30**  
Yin  
Linn-Isabell W  
Sal 1&2

**TORSDAG 25/6**

**06:00-10:00**  
Mysore (Ashtanga)  
Sal 1&2

**08:30-09:45**  
Vinyasa 1-2  
Shay Peretz  
Sal 2

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

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

**15:45-16:45**  
Hatha 1  
Annika Berger  
Sal 1&2

**17:00-18:15**  
Vinyasa 2-3  
Kripa Patra  
Sal 1&2

**18:30-20:00**  
Yin/Restorative  
Sarah Jonsson  
Sal 1&2

**FREDAG 26/6**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**08:30-09:45**  
Yogayamklass  
Nenne Folkeson  
Sal 2

**10:00-11:30**  
YogaLab  
Anakin Wagner  
Sal 1&2

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

**15:00-16:30**  
Restorative  
Sarah Jonsson  
Sal 1&2

**16:45-18:00**  
Hatha 1-2  
Sarah Jonsson  
Sal 1&2

**LÖRDAG 27/6**

**09:15-10:30**  
Hatha 1-2  
Linn-Isabell  
Westerlund  
Sal 1&2

**10:45-12:00**  
Vinyasa 1  
Anna G. Humlesjö  
Sal 1&2

**12:30-14:00**  
Vinyasa 2-3  
Ted Sikström  
Sal 1&2

**14:15-15:45**  
Yin  
Carina Schütt  
Sal 1&2

**SÖNDAG 28/6**

**09:00-10:40**  
Ledd Primary  
(Mysore, Ashtanga)  
David Fredriksson  
Sal 1&2

**10:45-12:00**  
Vinyasa 2-3  
David Fredriksson  
Sal 1&2

**12:15-13:45**  
Hatha 2  
ChungMei Lee  
Sal 1&2

**14:00-15:15**  
Vinyasa 1-2  
Linn-Isabell  
Westerlund  
Sal 1&2



**MÅNDAG 29/6**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**10:00-11:15**  
Hatha 2-3  
Linn-Isabell  
Westerlund  
Sal 1&2

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

**13:15-14:15**  
Mjuk Hatha &  
Meditation  
Kripa Patra  
Sal 1&2

**16:00-17:15**  
Hatha 1-2  
ChungMei Lee  
Sal 1&2

**17:30-18:45**  
Gravidyoga  
Kripa Patra  
Sal 3

**17:30-18:45**  
Yin  
Sandra Lones  
Sal 1&2

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

**TISDAG 30/6**

**06:00-10:00**  
Mysore (Ashtanga)  
Sal 1&2

**10:15-11:45**  
Hatha 2-3  
Shay Peretz  
Sal 1&2

**12:00-13:00**  
Vinyasa 1-2  
Ted Sikström  
Sal 1&2

**16:00-17:15**  
Vinyasa 1  
Ted Sikström  
Sal 1&2

**17:30-18:45**  
TT Klass  
Lärare från  
TT-utbildningen  
Sal 3

**17:30-19:00**  
Hatha 3  
Kripa Patra  
Sal 1&2

**19:15-20:30**  
YinMeditation  
Magnus Fridh  
& Sheila Arnell  
Sal 1&2

**ONSDAG 1/7**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**08:30-09:45**  
Vinyasa 2-3  
Kripa Patra  
Sal 2

**10:15-11:30**  
Hatha 1-2  
Sarah Jonsson  
Sal 1&2

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

**13:15-14:15**  
Hatha 2-3  
Linn-Isabell  
Westerlund  
Sal 1&2

**16:00-17:15**  
Yogayamaklass  
Nenne Folkesson  
Sal 1&2

**17:00-19:00**  
Mysore (Ashtanga)  
Sal 3

**17:30-18:45**  
Vinyasa 2-3  
Ted Sikström  
Sal 1&2

**19:00-20:30**  
Yin  
Jonas Rådahl  
Sal 1&2

**TORSDAG 2/7**

**06:00-10:00**  
Mysore (Ashtanga)  
Sal 1&2

**08:30-09:45**  
Vinyasa 1-2  
Shay Peretz  
Sal 2

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

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

**15:45-16:45**  
Hatha 1  
Annika Berger  
Sal 1&2

**17:00-18:15**  
Vinyasa 2-3  
Kripa Patra  
Sal 1&2

**18:30-20:00**  
Yin/Restorative  
Carina Schütt  
Sal 1&2

**FREDAG 3/7**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**08:30-09:45**  
Yogayamaklass  
Nenne Folkesson  
Sal 2

**10:00-11:30**  
YogaLab  
Jonas Rådahl  
Sal 1&2

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

**15:00-16:30**  
Restorative  
ChungMei Lee  
Sal 1&2

**16:45-18:00**  
Hatha 1-2  
ChungMei Lee  
Sal 1&2

**LÖRDAG 4/7**

**09:15-10:30**  
Hatha 1-2  
Linn-Isabell  
Westerlund  
Sal 1&2

**10:45-12:00**  
Vinyasa 1  
ChungMei Lee  
Sal 1&2

**12:30-14:00**  
Vinyasa 2-3  
Ted Sikström  
Sal 1&2

**14:15-15:45**  
Yin  
Carina Schütt  
Sal 1&2

**SÖNDAG 5/7**

**09:00-10:40**  
Ledd Primary  
(Mysore, Ashtanga)  
David Fredriksson  
Sal 1&2

**10:45-12:00**  
Vinyasa 2-3  
David Fredriksson  
Sal 1&2

**12:15-13:45**  
Hatha 2  
ChungMei Lee  
Sal 1&2

**14:00-15:15**  
Vinyasa 1-2  
Kripa Patra  
Sal 1&2



**MÅNDAG 6/7**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**10:00-11:15**  
Hatha 2-3  
ChungMei Lee  
Sal 1&2

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

**17:30-18:45**  
Yin  
Jonas Rådahl  
Sal 1&2

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

**TISDAG 7/7**

**06:00-10:00**  
Mysore (Ashtanga)  
Sal 1&2

**10:15-11:45**  
Hatha 2-3  
Shay Peretz  
Sal 1&2

**12:00-13:00**  
Vinyasa 1-2  
Ted Sikström  
Sal 1&2

**16:00-17:15**  
Vinyasa 1  
Ted Sikström  
Sal 1&2

**17:30-18:45**  
TT Klass  
Lärare från  
TT-utbildningen  
Sal 3

**17:30-19:00**  
Hatha 3  
Kripa Patra  
Sal 1&2

**19:15-20:30**  
YinMeditation  
Magnus Fridh  
& Sheila Arnell  
Sal 1&2

**ONSDAG 8/7**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**10:15-11:30**  
Hatha 1-2  
Sarah Jonsson  
Sal 1&2

**12:00-13:00**  
Vinyasa 1-2  
Ted Sikström  
Sal 1&2

**17:00-19:00**  
Mysore (Ashtanga)  
Sal 3

**17:30-18:45**  
Vinyasa 2-3  
Anakin Wagner  
Sal 1&2

**19:00-20:30**  
Yin  
Jonas Rådahl  
Sal 1&2

**TORSDAG 9/7**

**06:00-10:00**  
Mysore (Ashtanga)  
Sal 1&2

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

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

**17:00-18:15**  
Vinyasa 2-3  
Sandra Lones  
Sal 1&2

**18:30-20:00**  
Yin/Restorative  
Sarah Jonsson  
Sal 1&2

**FREDAG 10/7**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**10:00-11:30**  
YogaLab  
Anakin Wagner  
Sal 1&2

**12:00-13:00**  
Vinyasa 2  
Sandra Lones  
Sal 1&2

**15:00-16:30**  
Restorative  
Sarah Jonsson  
Sal 1&2

**16:45-18:00**  
Hatha 1-2  
Sarah Jonsson  
Sal 1&2

**LÖRDAG 11/7**

**09:15-10:30**  
Hatha 1-2  
ChungMei Lee  
Sal 1&2

**10:45-12:00**  
Vinyasa 1  
Anna G. Humlesjö  
Sal 1&2

**12:30-14:00**  
Vinyasa 2-3  
Ted Sikström  
Sal 1&2

**14:15-15:45**  
Yin  
Carina Schütt  
Sal 1&2

**SÖNDAG 12/7**

**09:00-10:40**  
Ledd Primary  
(Mysore, Ashtanga)  
David Fredriksson  
Sal 1&2

**10:45-12:00**  
Vinyasa 2-3  
David Fredriksson  
Sal 1&2

**12:15-13:45**  
Hatha 2  
ChungMei Lee  
Sal 1&2

**14:00-15:15**  
Vinyasa 1-2  
Linn-Isabell  
Westerlund  
Sal 1&2



**MÅNDAG 13/7**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**10:00-11:15**  
Hatha 2-3  
Jonas Rådahl  
Sal 1&2

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

**17:30-18:45**  
Yin  
Sandra Lones  
Sal 1&2

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

**TISDAG 14/7**

**06:00-10:00**  
Mysore (Ashtanga)  
Sal 1&2

**10:15-11:45**  
Hatha 2-3  
Shay Peretz  
Sal 1&2

**12:00-13:00**  
Vinyasa 1-2  
Ted Sikström  
Sal 1&2

**16:00-17:15**  
Vinyasa 1  
Anakin Wagner  
Sal 1&2

**17:30-18:45**  
TT Klass  
Lärare från  
TT-utbildningen  
Sal 3

**17:30-19:00**  
Hatha 3  
Sandra Lones  
Sal 1&2

**19:15-20:30**  
YinMeditation  
Magnus Fridh  
& Sheila Arnell  
Sal 1&2

**ONSDAG 15/7**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**10:15-11:30**  
Hatha 1-2  
Sarah Jonsson  
Sal 1&2

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

**17:00-19:00**  
Mysore (Ashtanga)  
Sal 3

**17:30-18:45**  
Vinyasa 2-3  
Anakin Wagner  
Sal 1&2

**19:00-20:30**  
Yin  
Carina Schütt  
Sal 1&2

**TORSDAG 16/7**

**06:00-10:00**  
Mysore (Ashtanga)  
Sal 1&2

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

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

**17:00-18:15**  
Vinyasa 2-3  
Sandra Lones  
Sal 1&2

**18:30-20:00**  
Yin/Restorative  
Sarah Jonsson  
Sal 1&2

**FREDAG 17/7**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**10:00-11:30**  
YogaLab  
Anakin Wagner  
Sal 1&2

**12:00-13:00**  
Vinyasa 2  
Sandra Lones  
Sal 1&2

**15:00-16:30**  
Restorative  
Sarah Jonsson  
Sal 1&2

**16:45-18:00**  
Hatha 1-2  
Sarah Jonsson  
Sal 1&2

**LÖRDAG 18/7**

**09:15-10:30**  
Hatha 1-2  
Linn-Isabell  
Westerlund  
Sal 1&2

**10:45-12:00**  
Vinyasa 1  
ChungMei Lee  
Sal 1&2

**12:30-14:00**  
Vinyasa 2-3  
Ted Sikström  
Sal 1&2

**14:15-15:45**  
Yin  
Carina Schütt  
Sal 1&2

**SÖNDAG 19/7**

**09:00-10:40**  
Ledd Primary  
(Mysore, Ashtanga)  
David Fredriksson  
Sal 1&2

**10:45-12:00**  
Vinyasa 2-3  
David Fredriksson  
Sal 1&2

**12:5-13:45**  
Hatha 2  
ChungMei Lee  
Sal 1&2

**14:00-15:15**  
Yin  
Anakin Wagner  
Sal 1&2



**MÅNDAG 20/7**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**10:00-11:15**  
Hatha 2-3  
Linn-Isabell  
Westerlund  
Sal 1&2

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

**TISDAG 21/7**

**16:00-17:15**  
Vinyasa 1  
Kripa Patra  
Sal 1&2

**17:30-19:00**  
Hatha 3  
Kripa Patra  
Sal 1&2

**19:15-20:30**  
YinMeditation  
Magnus Fridh  
& Sheila Arnell  
Sal 1&2

**ONSDAG 22/7**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**10:00-11:30**  
Hatha 1-2  
Sandra Lones  
Sal 1&2

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

**TORSDAG 23/7**

**15:45-16:45**  
Hatha 1-2  
Linn-Isabell  
Westerlund  
Sal 1&2

**17:00-18:15**  
Vinyasa 2-3  
Sandra Lones  
Sal 1&2

**18:30-20:00**  
Yin  
Sandra Lones  
Sal 1&2

**FREDAG 24/7**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**10:00-11:30**  
Hatha 1-2  
Kripa Patra  
Sal 1&2

**12:00-13:00**  
Vinyasa 2  
Sandra Lones  
Sal 1&2

**LÖRDAG 25/7**

STÅNGT

**SÖNDAG 26/7**

STÅNGT



**MÅNDAG 27/7**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**10:00-11:15**  
Hatha 2-3  
Linn-Isabell  
Westerlund  
Sal 1&2

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

**TISDAG 28/7**

**16:00-17:15**  
Vinyasa 1  
Ted Sikström  
Sal 1&2

**17:30-19:00**  
Hatha 3  
Kripa Patra  
Sal 1&2

**19:15-20:30**  
Yin  
Lärare  
Sal 1&2

**ONSDAG 29/7**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**10:00-11:30**  
Hatha 1-2  
Sandra Lones  
Sal 1&2

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

**TORSDAG 30/7**

**15:45-16:45**  
Hatha 1-2  
Linn-Isabell  
Westerlund  
Sal 1&2

**17:00-18:15**  
Vinyasa 2-3  
Sandra Lones  
Sal 1&2

**18:30-20:00**  
Yin  
Sandra Lones  
Sal 1&2

**FREDAG 31/7**

**06:00-09:30**  
Mysore (Ashtanga)  
Sal 1&2

**10:00-11:30**  
Hatha 1-2  
Kripa Patra  
Sal 1&2

**12:00-13:00**  
Vinyasa 2  
Sandra Lones  
Sal 1&2

**LÖRDAG 1/8**

STÄNGT

**SÖNDAG 2/8**

STÄNGT



**MÅNDAG 3/8****06:00-09:30**Mysore (Ashtanga)  
Sal 1&2**10:00-11:15**Hatha 2-3  
Linn-Isabell  
Westerlund  
Sal 1&2**12:00-13:00**Vinyasa 1-2  
Kripa Patra  
Sal 1&2**17:30-18:45**Yin  
Sandra Lones  
Sal 1&2**19:00-20:30**Vinyasa 2  
Shay Peretz  
Sal 1&2**TISDAG 4/8****06:00-10:00**Mysore (Ashtanga)  
Sal 1&2**10:15-11:45**Hatha 2-3  
Shay Peretz  
Sal 1&2**12:00-13:00**Vinyasa 1-2  
Ted Sikström  
Sal 1&2**16:00-17:15**Vinyasa 1  
Anakin Wagner  
Sal 1&2**17:30-18:45**TT Klass  
Lärare från  
TT-utbildningen  
Sal 3**17:30-19:00**Hatha 3  
Kripa Patra  
Sal 1&2**19:15-20:30**YinMeditation  
Magnus Fridh  
& Sheila Arnell  
Sal 1&2**ONSDAG 5/8****06:00-09:30**Mysore (Ashtanga)  
Sal 1&2**10:15-11:30**Hatha 1-2  
Sarah Jonsson  
Sal 1&2**12:00-13:00**Vinyasa 1-2  
Kripa Patra  
Sal 1&2**17:00-19:00**Mysore (Ashtanga)  
Sal 3**17:30-18:45**Vinyasa 2-3  
Anakin Wagner  
Sal 1&2**19:00-20:30**Yin  
Lärare  
Sal 1&2**TORSDAG 6/8****06:00-10:00**Mysore (Ashtanga)  
Sal 1&2**10:15-11:45**Hatha 1-2  
ChungMei Lee  
Sal 1&2**12:00-13:00**Vinyasa 1-2  
Annika Berger  
Sal 1&2**17:00-18:15**Vinyasa 2-3  
Sandra Lones  
Sal 1&2**18:30-20:00**Yin/Restorative  
Sarah Jonsson  
Sal 1&2**FREDAG 7/8****06:00-09:30**Mysore (Ashtanga)  
Sal 1&2**10:00-11:30**YogaLab  
Anakin Wagner  
Sal 1&2**12:00-13:00**Vinyasa 2  
Sandra Lones  
Sal 1&2**15:00-16:30**Restorative  
Sarah Jonsson  
Sal 1&2**16:45-18:00**Hatha 1-2  
Sarah Jonsson  
Sal 1&2**LÖRDAG 8/8****11:45-13:00**Vinyasa 1  
Anna G. Humlesjö  
Sal 1&2**13:15-14:45**Vinyasa 2-3  
Ted Sikström  
Sal 1&2**15:00-16:15**Yin  
Carina Schütt  
Sal 1&2**SÖNDAG 9/8****10:15-11:55**Ledd Primary  
(Mysore, Ashtanga)  
David Fredriksson  
Sal 1&2**12:15-13:45**Hatha 2  
ChungMei Lee  
Sal 1&2**14:00-15:15**Vinyasa 1-2  
Anakin Wagner  
Sal 1&2



**MÅNDAG 10/8**

**06:00-08:00**  
Mysore (Ashtanga)  
Sal 1&2+3

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

**13:15-14:15**  
Mjuk Hatha &  
Meditation  
Kripa Patra  
Sal 2

**16:00-17:15**  
Hatha 1-2  
ChungMei Lee  
Sal 2

**17:30-18:45**  
Gravidyoga  
Kripa Patra  
Sal 3

**18:00-19:00**  
Yin  
Sandra Lones  
Sal 1&2

**19:15-20:30**  
Vinyasa 1-2  
Shay Peretz  
Sal 1&2

**TISDAG 11/8**

**06:00-08:00**  
Mysore (Ashtanga)  
Sal 1&2+3

**12:00-13:00**  
Vinyasa 1-2  
Ted Sikström  
Sal 2

**16:00-17:15**  
Vinyasa 1  
Anakin Wagner  
Sal 2

**17:30-18:45**  
TT Klass  
Lärare från  
TT-utbildningen  
Sal 3

**18:00-19:00**  
Hatha 3  
Kripa Patra  
Sal 1&2

**19:15-20:30**  
YinMeditation  
Magnus Fridh  
& Sheila Arnell  
Sal 1&2

**ONSDAG 12/8**

**06:00-08:00**  
Mysore (Ashtanga)  
Sal 1&2+3

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

**13:15-14:15**  
Hatha 2-3  
Linn-Isabell  
Westerlund  
Sal 2

**16:00-17:15**  
Yogayamaklass  
Nenne Folkesson  
Sal 2

**17:00-19:00**  
Mysore (Ashtanga)  
Sal 3

**18:00-19:10**  
Vinyasa 2-3  
Anakin Wagner  
Sal 1&2

**19:15-20:30**  
Yin  
Lärare  
Sal 1&2

**TORSDAG 13/8**

**06:00-08:00**  
Mysore (Ashtanga)  
Sal 1&2+3

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

**16:45-17:45**  
Hatha 1  
Annika Berger  
Sal 2

**18:00-19:00**  
Vinyasa 2-3  
Sandra Lones  
Sal 1&2

**19:15-20:30**  
Yin/Restorative  
Sarah Jonsson  
Sal 1&2

**FREDAG 14/8**

**06:00-08:00**  
Mysore (Ashtanga)  
Sal 1&2+3

**12:00-13:00**  
Vinyasa 2  
Sandra Lones  
Sal 2

**13:15-14:15**  
Mjuk Hatha &  
Meditation  
Kripa Patra  
Sal 2

**15:00-16:30**  
Restorative  
Sarah Jonsson  
Sal 2

**16:45-18:00**  
Hatha 1-2  
Sarah Jonsson  
Sal 2

**LÖRDAG 15/8**

**10:45-12:00**  
Vinyasa 1  
ChungMei Lee  
Sal 2

**12:30-14:00**  
Vinyasa 2-3  
Ted Sikström  
Sal 2

**14:15-15:45**  
Yin  
Carina Schütt  
Sal 2

**SÖNDAG 16/8**

**10:15-11:55**  
Ledd Primary (Ashtanga)  
David Fredriksson  
Sal 2

**12:15-13:45**  
Hatha 2  
ChungMei Lee  
Sal 2

**14:00-15:15**  
Vinyasa 1-2  
Anakin Wagner  
Sal 2

Nästa vecka börjar  
höstschemat!

