

## MÅNDAG

**06:00-09:30**  
Mysore (Ashtanga)  
Programansvariga  
Laruga Glaser &  
David Fredriksson

**08:15-09:15**  
Vinyasa 1  
Shay Peretz

**10:00-11:30**  
Vinyasa 2-3  
Ted Sikström

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

**12:00-13:00**  
Yin  
Jonas Rådahl

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

**17:15-18:45**  
Yin  
Tove Åsell

**17:30-18:45**  
Hatha 1-2  
ChungMei Lee

**17:30-19:30**  
Mysore (Ashtanga)  
Programansvariga  
Laruga Glaser &  
David Fredriksson

**19:00-20:30**  
Vinyasa 2  
Shay Peretz

## TISDAG

**06:00-10:00**  
Mysore (Ashtanga)  
Programansvariga  
Laruga Glaser &  
David Fredriksson

**08:15-09:15**  
**(07:15-08:15 från 1/9)**  
Hatha 1-2  
Sarah Jonsson

**10:15-11:45**  
Hatha 1/Pranayama  
Sara Granström

**12:00-13:00**  
Vinyasa 2  
Shay Peretz

**12:00-13:00**  
YinMeditation  
Magnus Fridh  
& Sheila Arnell

**13:15-14:15**  
Mamma/Baby yoga  
Kripa Patra

**16:00-17:15**  
Terapeutisk Hatha  
Tove Åsell  
**NY KLASS!**

**16:15-17:15**  
Gravidyoga  
Kripa Patra

**17:30-19:00**  
Hatha 2-3  
Ratheesh Mani

**17:30-18:45**  
Vinyasa 1-2  
Guy Powiecki

**17:30-18:45**  
TT Klass (kostnadsfri)  
Nyexaminerade  
lärare

**19:00-20:00**  
Filosofiklass (terori)  
Guy Powiecki  
**NY KLASS!**

**19:15-20:30**  
Yin  
Jonas Rådahl

## ONSDAG

**06:00-09:30**  
Mysore (Ashtanga)  
Programansvariga  
Laruga Glaser &  
David Fredriksson

**08:15-09:30**  
Mjuk Hatha  
& Meditation  
Kripa Patra

**10:00-10:55**  
Hatha 2  
Sara Granström

**11:00-11:55**  
Pranayama  
Sara Granström

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

**13:15-14:15**  
Hatha 2-3 (teknik)  
Ratheesh Mani

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

**17:30-19:00**  
Vinyasa 2-3  
Ted Sikström

**17:30-19:30**  
Mysore (Ashtanga)  
Programansvariga  
Laruga Glaser &  
David Fredriksson

**18:00-19:00**  
Vinyasa 1  
Anakin Wagner

**19:15 - 20:45**  
Yin  
Ratheesh Mani  
**NY KLASS!**

## TORSDAG

**06:00-10:00**  
Mysore (Ashtanga)  
Programansvariga  
Laruga Glaser &  
David Fredriksson

**07:15-08:15**  
**från och med 27 aug**  
Vinyasa 1  
Marianne Sundell

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

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

**12:00-13:00**  
Meditation  
ChungMei Lee

**13:15-14:15**  
**Ojämnta veckor**  
Yin  
Sofie Ringsten

**16:00-17:30**  
Yin/Restorative  
Sarah Jonsson

**16:30-17:55**  
Gravidyoga  
Kripa Patra

**17:45-19:00**  
Vinyasa 2-3  
Anakin Wagner

**18:00-19:00**  
Hatha 1  
Linn Hansson

**19:15-20:30**  
YinMeditation  
Magnus Fridh  
& Sheila Arnell  
**NY KLASS!**

## FREDAG

**06:00-09:30**  
Mysore (Ashtanga)  
Programansvariga  
Laruga Glaser &  
David Fredriksson

**10:00-11:30**  
YogaLab  
Jonas Rådahl

**12:00-13:00**  
Vinyasa 2  
Jonas Rådahl

**13:15-14:15**  
Hatha  
Sandra Lones

**15:00-16:55**  
Restorative  
Sarah Jonsson

**16:00-18:00**  
Mysore (Ashtanga)  
Programansvariga  
Laruga Glaser &  
David Fredriksson

**17:00-18:15**  
Hatha 2  
Sarah Jonsson

## LÖRDAG

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

**10:45-12:15**  
Vinyasa 2-3  
Anna G. Humlesjö  
eller Sandra Lones\*

**12:30-13:45**  
YogaLab  
Ted Sikström

**14:00-15:30**  
Yin  
Linn Hansson

\*delad klass

## SÖNDAG

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

**10:45-12:00**  
Ledd Halv Primary  
(Mysore, Ashtanga)  
David Fredriksson

**12:15-13:30**  
Hatha 1-2  
ChungMei Lee

**13:45-15:15**  
Terapeutisk Hatha/  
Restorative  
ChungMei Lee

**15:30-17:00**  
Vinyasa 2-3  
Guy Powiecki



# YOGASHEMA HT20 YOGAYAMA ÖSTERMÄLM

Gäller 17/8-6/12 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.