

MÅNDAG

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

07:15-08:15
Vinyasa 1
Sandra Jansson

10:00-11:30
Hatha 2-3
Guy Powiecki

12:00-13:00
Vinyasa 2
Kripa Patra

12:00-13:00
Yin 2-3
Jonas Rådahl

16:15-17:30
Hatha/Pranayama
ChungMei Lee

17:00-19:00
Mysore (Ashtanga)

Vinyasa 3
17:45-19:00
David Fredriksson

19:15-20:30
Vinyasa 1-2
Ted Sikström

TISDAG

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

07:00-08:00
Vinyasa 2
Linn Hansson

08:15-09:15
Yin
Nesrin Maza

10:00-11:30
Hatha 1/Pranayama
Sandra Janson

12:00-13:00
Hatha
Eric Ernerstedt

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

16:00-17:30
Hatha 2-3
Ratheesh Mani

17:45-19:00
Vinyasa 3
Jonas Rådahl

18:00-19:00
Hatha 1
Tove Åsell

18:15-19:30
TT Klass

19:15-20:30
Yin 2-3
Jonas Rådahl

ONSDAG

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

07:15-08:15
Vinyasa 1
Marianne Sundell

10:00-11:30
Hatha 1-2
Sara Granström

12:00-13:00
Vinyasa 2
Kripa Patra

12:00-13:00
Pranayama
Sara Granström

13:15-14:15
Yin
Ratheesh Mani

15:00-16:15
Restorative
Sarah Jonsson

16:30-17:30
Vinyasa 1
Anakin Wagner

17:00-19:00
Mysore (Ashtanga)

17:45-19:00
Vinyasa 2-3
Ted Sikström

19:15-20:30
Yin
Ratheesh Mani

TORSDAG

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

07:00-08:00
Vinyasa 2
Eric Ernerstedt

10:30-11:45
Hatha 2
ChungMei Lee

12:00-13:00
Vinyasa 1
Annika Berger

12:00-13:00
Meditation
ChungMei Lee

16:15-17:45
Vinyasa 2
Sandra Lones

18:00-19:15
Hatha 3
Eric Ernerstedt

19:30-20:30
Yin
Linn Hansson

FREDAG

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

10:00-11:30
Yoga Lab
Jonas Rådahl

12:00-13:00
Vinyasa 2
Jonas Rådahl

13:15-14:15
Hatha
Sandra Lones

16:00-18:00
Mysore (Ashtanga)

15:30-17:00
Restorative
Sarah Jonsson

17:15-18:30
Hatha 2
Sarah Jonsson

LÖRDAG

09:30-10:45
Hatha 1
Linn-Isabell Westerlund

11:00-12:30
Vinyasa 3
Anna G. Humlesjö/
Charlotte Fredriksson*

12:45-14:00
Vinyasa 1-2
ChungMei Lee

14:15-15:45
Yin
Carina Schütt

***varannan vecka**

SÖNDAG

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

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

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

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

15:30-16:30
Vinyasa 2
Guy Powiecki

HÖSTSCHEMA 2021

Yogayama Östermalm

Gäller 23/8-19/12

Med reservation för ändringar. För den senast uppdaterade schemaversionen, vänligen se vårt onlineschema i vår app eller på vår hemsida.