

## MÅNDAG

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

10:00-11:30  
Hatha  
Guy Powiecki

IN ENGLISH

12:00-13:00  
Vinyasa  
Kripa Patra

IN ENGLISH

12:00-13:00  
Yin  
Jonas Rådahl

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

IN ENGLISH

18:00-20:00  
Mysore (Ashtanga)

Vinyasa 3  
17:45-19:00  
David Fredriksson

19:15-20:30  
Vinyasa 1-2  
Charlotte Fredriksson

## TISDAG

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

07:00-08:00  
Vinyasa  
Linn Hansson

08:15-09:15  
Yin  
Nesrin Maza

10:15-11:45  
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

IN ENGLISH

17:45-19:00  
Vinyasa 3  
Jonas Rådahl

17:45-19:00  
Hatha 1  
Tove Åsell

18:15-19:30  
TT Klass

19:15-20:30  
Yin  
Jonas Rådahl

## ONSDAG

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

07:15-08:15  
Vinyasa  
Marianne Sundell

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

12:00-13:00  
Pranayama  
Sara Granström

12:00-13:00  
Vinyasa  
Kripa Patra

IN ENGLISH

13:15-14:15  
Yin  
Ratheesh Mani

IN ENGLISH

15:00-16:15  
Restorative  
Sarah Jonsson

18:00-20:00  
Mysore (Ashtanga)

18:00-19:00  
Vinyasa 1  
Ulrika Josander

17:45-19:00  
Vinyasa 2-3  
Ted Sikström

19:15-20:30  
Yin  
Ratheesh Mani

IN ENGLISH

## TORSDAG

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

07:00-08:00  
Vinyasa  
Eric Ernerstedt

10:30-11:45  
Hatha 1-2  
ChungMei Lee

IN ENGLISH

12:00-13:00  
Vinyasa  
Annika Berger

12:00-13:00  
Meditation  
ChungMei Lee

IN ENGLISH

17:30-19:00  
Yin  
Sandra Lones

18:00-19:15  
Hatha  
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  
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 2-3  
Anna G. Humlesjö/  
Charlotte Fredriksson\*

12:45-14:00  
Vinyasa 1  
ChungMei Lee

IN ENGLISH

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

IN ENGLISH

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

IN ENGLISH

15:30-16:45  
Vinyasa  
Guy Powiecki

IN ENGLISH

# HÖSTSCHEMA 2021

Yogayama Östermalm

Gäller perioden 15/11-19/12

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