

MÅNDAG

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

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

17:45-19:00
Vinyasa 2-3
David Fredriksson

17:45-19:00
Terapeutisk Hatha
Carina Schütt

18:00-20:00
Mysore (Ashtanga)

19:15-20:30
Yin
Tove Åsell

TISDAG

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

07:00-08:00
Vinyasa
Linn Hansson

10:00-11:30
Yin
Sandra Janson

12:00-13:00
Vinyasa
Eric Ernerstedt

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

IN ENGLISH

17:45-19:00
Vinyasa 2-3
Jonas Rådahl

17:45-19:00
Hatha 1
Tove Åsell

19:15-20:30
Yin
Jonas Rådahl

ONSDAG

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

07:00-08:00
Vinyasa
Ratheesh Mani

IN ENGLISH

10:00-11:30
Hatha 1/Pranayama
Sara Granström

12:00-13:00
Vinyasa
Kripa Patra

IN ENGLISH

17:30-18:45
Vinyasa 2-3
Ted Sikström

18:00-19:00
Vinyasa 1
Ulrika Josander

18:00-20:00
Mysore (Ashtanga)

19:00-20:30
Yin
Ratheesh Mani

IN ENGLISH

TORSDAG

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

07:00-08:00
Vinyasa
Marianne Sundell

07:30-10:00
Self practice
Ej läraredd

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

IN ENGLISH

12:00-13:00
Meditation
ChungMei Lee

IN ENGLISH

12:00-13:00
Yoga Core
Annika Berger

13:15-14:15
Yin
Ratheesh Mani

IN ENGLISH

16:00-17:15
Hatha 2-3
Guy Powiecki

IN ENGLISH

17:30-19:00
Vinyasa
Sandra Lones

17:45-19:00
Hatha
Eric Ernerstedt

19:15-20:30
Restorative
Frida Stålnacke

FREDAG

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

10:00-11:30
Teknikklass
Jonas Rådahl

12:00-13:00
Vinyasa
Jonas Rådahl

13:15-14:15
Hatha
Sandra Lones

16:00-18:00
Mysore (Ashtanga)

15:00-17:00 från 1/4!
Restorative
Sarah Jonsson

17:15-18:30
Hatha
Sarah Jonsson

LÖRDAG

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

11:00-12:30
Vinyasa 2-3
Charlotte Fredriksson

12:45-14:00
Vinyasa 1
ChungMei Lee

IN ENGLISH

14:15-15:45
Yin
Carina Schütt

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
Ulrika Josander

VÅRSHEMA 2022

Yogayama Östermalm

Gäller från 23/3 till och med 19/6 2022