



# SOMMARSHEMA 2022

Yogayama Östermalm

**Gäller 20/6-21/8**

*Sommarstängt 23/7-7/8*

MÅNDAG 20/6	TISDAG 21/6	ONSDAG 22/6	TORSDAG 23/6	FREDAG 24/6	LÖRDAG 25/6	SÖNDAG 26/6
06:00-09:30 Mysore (Ashtanga) Programansvariga David & Laruga	06:00-09:30 Mysore (Ashtanga) Programansvariga David & Laruga	06:00-09:30 Mysore (Ashtanga) Programansvariga David & Laruga	06:00-09:30 Mysore (Ashtanga) Programansvariga David & Laruga	M I D S O M M A R A F T O N	M I D S O M M A R D A G E N	09:00-10:40 Ledd Primary (Ashtanga) David Fredriksson
10:00-11:30 Self practice Ej lärarledd	07:00-08:00 Vinyasa Kripa Patra <small>IN ENGLISH</small>	10:00-11:30 Hatha/Pranayama Sandra Janson	07:00-08:00 Vinyasa Kripa Patra <small>IN ENGLISH</small>			10:45-12:00 Ledd Halv Primary (Ashtanga) David Fredriksson
12:00-13:00 Vinyasa Kripa Patra <small>IN ENGLISH</small>	10:00-11:15 Yin Sandra Janson	12:00-13:00 Vinyasa 2 Kripa Patra <small>IN ENGLISH</small>	08:00-10:00 Self practice Ej lärarledd			12:15-13:30 Hatha 1-2 ChungMei Lee <small>IN ENGLISH</small>
16:15-17:30 Hatha/Pranayama ChungMei Lee <small>IN ENGLISH</small>	12:00-13:00 Vinyasa Sandra Janson	17:00-19:00 Mysore (Ashtanga)	10:00-11:30 Hatha & Meditation ChungMei Lee <small>IN ENGLISH</small>	Stängt	Stängt	13:45-15:00 Yin ChungMei Lee <small>IN ENGLISH</small>
17:00-19:00 Mysore (Ashtanga)	16:30-17:30 Hatha 1-2 Linn-Isabell Westerlund	17:15-18:45 Vinyasa Sandra Lones	12:00-13:00 Yoga Core Annika Berger			
Vinyasa 2 17:45-19:00 David Fredriksson	16:30-18:30 Self practice Ej lärarledd	19:00-20:30 Yin Sandra Lones	15:30-17:00 Vinyasa Sandra Lones			
19:15-20:30 Yin Sarah Jonsson	17:45-19:00 Vinyasa 2-3 Lärare					
	19:15-20:30 Yin Ulrika Josander					

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

**MÅNDAG 27/6**

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

10:00-11:30  
Self practice  
Ej lärarledd

12:00-13:00  
Vinyasa  
Kripa Patra  
IN ENGLISH

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

16:30-18:30  
Mysore (Ashtanga)

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

19:15-20:30  
Yin  
Sarah Jonsson

**TISDAG 28/6**

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

07:00-08:00  
Vinyasa  
Kripa Patra  
IN ENGLISH

10:00-11:15  
Yin  
Sandra Janson

12:00-13:00  
Vinyasa  
Charlotte Fredriksson

16:30-17:30  
Hatha 1-2  
Linn-Isabell Westerlund

16:30-18:30  
Self practice  
Ej lärarledd

17:45-19:00  
Vinyasa 2-3  
Johanna Sundqvist

19:15-20:30  
Yin  
Johanna Sundqvist

**ONSDAG 29/6**

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

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

12:00-13:00  
Vinyasa  
Kripa Patra  
IN ENGLISH

16:30-18:30  
Mysore (Ashtanga)

17:30-19:00  
Vinyasa  
ChungMei Lee  
IN ENGLISH

19:15-20:30  
Yin  
ChungMei Lee  
IN ENGLISH

**TORSDAG 30/6**

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

07:00-08:00  
Vinyasa  
Kripa Patra  
IN ENGLISH

08:00-10:00  
Self practice  
Ej lärarledd

10:00-11:30  
Hatha & Meditation  
ChungMei Lee  
IN ENGLISH

12:00-13:00  
Hatha  
Lärare

17:30-19:00  
Vinyasa  
Pauline Reibell

19:15-20:30  
Yin  
Marianne Sundell

**FREDAG 1/7**

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

10:00-11:30  
Hatha  
Kripa Patra  
IN ENGLISH

12:00-13:00  
Vinyasa  
Kripa Patra  
IN ENGLISH

15:00-16:30  
Restorative  
Sarah Jonsson

15:30-17:30  
Self practice  
Ej lärarledd

16:45-18:00  
Hatha  
Sarah Jonsson

**LÖRDAG 2/7**

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

11:00-12:30  
Vinyasa 2-3  
Pauline Reibell

12:45-14:00  
Vinyasa 1  
Marianne Sundell

14:15-15:45  
Yin  
Carina Schütt

**SÖNDAG 3/7**

09:00-10:40  
Ledd Primary (Ashtanga)  
Pauline Reibell

10:45-12:00  
Vinyasa 2-3  
Pauline Reibell

12:15-13:30  
Hatha 1-2  
Kripa Patra  
IN ENGLISH

13:45-15:00  
Yin  
Lärare

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**MÅNDAG 4/7**

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

10:00-11:30  
Self practice  
Ej lärarledd

12:00-13:00  
Vinyasa  
Kripa Patra  
IN ENGLISH

16:15-17:30  
Hatha/Pranayama  
Linn-Isabell Westerlund

16:30-18:30  
Self practice  
Ej lärarledd

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

**TISDAG 5/7**

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

07:00-08:00  
Vinyasa  
Kripa Patra  
IN ENGLISH

10:00-11:15  
Yin  
Johanna Sundqvist

12:00-13:00  
Vinyasa  
Charlotte Fredriksson

16:15-17:30  
Hatha  
Linn-Isabell Westerlund

16:30-18:30  
Self practice  
Ej lärarledd

17:45-19:00  
Vinyasa  
Charlotte Fredriksson

**ONSDAG 6/7**

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

10:00-11:15  
Hatha/Pranayama  
Kripa Patra  
IN ENGLISH

12:00-13:00  
Vinyasa  
Kripa Patra  
IN ENGLISH

16:15-17:15  
Yin  
Johanna Sundqvist

16:30-18:30  
Self practice  
Ej lärarledd

17:30-19:00  
Vinyasa  
Charlotte Fredriksson

**TORSDAG 7/7**

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

07:00-08:00  
Vinyasa  
Kripa Patra  
IN ENGLISH

08:00-10:00  
Self practice  
Ej lärarledd

10:00-11:30  
Hatha & Meditation  
Luke Bache  
IN ENGLISH

12:00-13:00  
Hatha  
Luke Bache  
IN ENGLISH

16:00-17:15  
Yin  
Ulrika Josander

17:30-19:00  
Vinyasa  
Pauline Reibell

**FREDAG 8/7**

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

10:00-11:30  
Hatha  
Kripa Patra  
IN ENGLISH

12:00-13:00  
Vinyasa  
Kripa Patra  
IN ENGLISH

15:00-16:30  
Restorative  
Sarah Jonsson

15:30-17:30  
Self practice  
Ej lärarledd

16:45-18:00  
Hatha  
Sarah Jonsson

**LÖRDAG 9/7**

11:30-12:45  
Vinaysa 2-3  
Pauline Reibell

13:00-14:00  
Hatha 1  
Carina Schütt

14:15-15:30  
Yin  
Carina Schütt

**SÖNDAG 10/7**

09:00-10:40  
Ledd Primary (Ashtanga)  
Pauline Reibell

10:45-12:00  
Vinyasa 2-3  
Pauline Reibell

12:15-13:30  
Hatha 1-2  
Kripa Patra  
IN ENGLISH

13:45-15:00  
Yin  
Ulrika Josander

**v.27**

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

**MÅNDAG 11/7**

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

10:00-11:30  
Self practice  
Ej lärarledd

12:00-13:00  
Vinyasa  
Kripa Patra  
IN ENGLISH

16:15-17:30  
Hatha/Pranayama  
Ulrika Josander

16:30-18:30  
Self practice  
Ej lärarledd

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

**TISDAG 12/7**

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

10:00-11:15  
Yin  
Luke Bache

12:00-13:00  
Vinyasa  
Charlotte Fredriksson

16:00-17:15  
Hatha  
Carina Schütt

16:30-18:30  
Self practice  
Ej lärarledd

17:45-19:00  
Vinyasa 2-3  
Kripa Patra  
IN ENGLISH

**ONSDAG 13/7**

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

10:00-11:15  
Hatha/Pranayama  
Kripa Patra  
IN ENGLISH

12:00-13:00  
Vinyasa  
Kripa Patra  
IN ENGLISH

16:15-17:15  
Yin  
Sandra Lones

16:30-18:30  
Self practice  
Ej lärarledd

17:30-19:00  
Vinyasa  
Sandra Lones

**TORSDAG 14/7**

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

08:00-10:00  
Self practice  
Ej lärarledd

10:00-11:30  
Hatha & Meditation  
Luke Bache  
IN ENGLISH

12:00-13:00  
Hatha  
Luke Bache  
IN ENGLISH

16:00-17:15  
Yin  
Sandra Lones

17:30-19:00  
Vinyasa  
Sandra Lones

**FREDAG 15/7**

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

10:00-11:30  
Hatha  
Kripa Patra  
IN ENGLISH

12:00-13:00  
Vinyasa  
Melanie Rhodes  
IN ENGLISH

15:00-15:55  
Yin  
Luke Bache  
IN ENGLISH

15:00-17:00  
Self practice  
Ej lärarledd

16:00-17:00  
Hatha  
Luke Bache  
IN ENGLISH

**LÖRDAG 16/7**

11:30-12:45  
Vinasya 2-3  
Melanie Rhodes

13:00-14:00  
Hatha 1  
Carina Schütt

14:15-15:30  
Yin  
Carina Schütt

**SÖNDAG 17/7**

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

10:45-12:00  
Vinyasa 2-3  
David Fredriksson

12:15-13:30  
Hatha 1-2  
Kripa Patra  
IN ENGLISH

13:45-15:00  
Yin  
Carina Schütt

**v.28**

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

**MÅNDAG 18/7**

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

10:00-11:30  
Self practice  
Ej lärarledd

12:00-13:00  
Vinyasa  
Melanie Rhodes  
IN ENGLISH

16:15-17:30  
Terapeutisk Hatha  
Carina Schütt

16:30-18:30  
Self practice  
Ej lärarledd

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

**TISDAG 19/7**

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

10:00-11:15  
Yin  
Luke Bache  
IN ENGLISH

12:00-13:00  
Hatha  
Luke Bache  
IN ENGLISH

16:15-17:30  
Hatha  
Melanie Rhodes  
IN ENGLISH

16:30-18:30  
Self practice  
Ej lärarledd

17:45-19:00  
Vinyasa 2-3  
Kripa Patra  
IN ENGLISH

**ONSDAG 20/7**

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

10:00-11:30  
Hatha/Pranayama  
Luke Bache  
IN ENGLISH

12:00-13:00  
Vinyasa  
Melanie Rhodes  
IN ENGLISH

16:15-17:15  
Yin  
Luke Bache  
IN ENGLISH

16:30-18:30  
Self practice  
Ej lärarledd

17:30-19:00  
Vinyasa  
Melanie Rhodes  
IN ENGLISH

**TORSDAG 21/7**

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

08:00-10:00  
Self practice  
Ej lärarledd

10:00-11:30  
Hatha & Meditation  
Melanie Rhodes

12:00-13:00  
Hatha  
Carina Schütt

16:00-17:15  
Yin  
Carina Schütt

17:30-19:00  
Vinyasa  
Pauline Reibell

**FREDAG 22/7**

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

10:00-11:30  
Hatha  
Kripa Patra  
IN ENGLISH

12:00-13:00  
Vinyasa  
Kripa Patra  
IN ENGLISH

15:00-16:15  
Vinyasa  
Melanie Rhodes  
IN ENGLISH

**LÖRDAG 23/7****SOMMARSTÄNGT**

Studion öppnar  
igen måndag den 8/8

**SÖNDAG 24/7**

**MÅNDAG 8/8**

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

10:00-11:30  
Self Practice  
Ej lärarledd

12:00-13:00  
Vinyasa  
Sandra Lones

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

16:30-18:30  
Self practice  
Ej lärarledd

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

**TISDAG 9/8**

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

07:00-08:00  
Vinyasa  
Sandra Lones

10:00-11:15  
Yin  
Sandra Janson

12:00-13:00  
Vinyasa  
Charlotte Fredriksson

16:15-17:30  
Hatha  
Linn-Isabell Westerlund

16:30-18:30  
Self practice  
Ej lärarledd

17:45-19:00  
Vinyasa 2-3  
Sandra Lones

**ONSDAG 10/8**

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

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

12:00-13:00  
Vinyasa  
Sandra Janson

16:15-17:15  
Yin  
Sandra Janson

16:30-18:30  
Self practice  
Ej lärarledd

17:30-19:00  
Vinyasa  
Charlotte Fredriksson

**TORSDAG 11/8**

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

07:00-08:00  
Vinyasa  
Ulrika Josander

08:00-10:00  
Self practice  
Ej lärarledd

10:00-11:30  
Hatha & Meditation  
ChungMei Lee  
IN ENGLISH

12:00-13:00  
Hatha  
Eric Ernerstedt

16:00-17:15  
Restorative  
Frida Stålnacke

17:30-19:00  
Vinyasa  
Sandra Lones

**FREDAG 12/8**

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

10:00-11:30  
Hatha  
Sandra Lones

12:00-13:00  
Vinyasa  
Melanie Rhodes  
IN ENGLISH

15:00-17:00  
Restorative  
Sarah Jonsson

15:30-17:30  
Self practice  
Ej lärarledd

17:15-18:30  
Hatha  
Sarah Jonsson

**LÖRDAG 13/8**

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 14/8**

09:00-10:40  
Ledd Primary (Ashtanga)  
Jasmin Hedlund

10:45-12:00  
Vinyasa 2-3  
Jasmin Hedlund

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

**v.32**

**MÅNDAG 15/8**

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

10:30-11:45  
Yin  
Jonas Rådahl

12:00-13:00  
Vinyasa  
Kripa Patra  
IN ENGLISH

17:30-18:45  
Hatha/Pranayama  
ChungMei Lee  
IN ENGLISH

18:00-20:00  
Mysore (Ashtanga)

19:00-20:15  
Vinyasa 2-3  
David Fredriksson

**TISDAG 16/8**

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

10:00-11:30  
Yin  
Sandra Janson

12:00-13:00  
Vinyasa  
Charlotte Fredriksson

17:15-18:45  
Vinyasa 2-3  
Jonas Rådahl

17:45-19:00  
Hatha  
Linn-Isabell Westerlund

19:00-20:30  
Yin  
Jonas Rådahl

**ONSDAG 17/8**

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

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

12:00-13:00  
Vinyasa  
Kripa Patra  
IN ENGLISH

17:15-18:45  
Vinyasa  
Ratheesh Mani  
IN ENGLISH

18:00-20:00  
Mysore (Ashtanga)

19:00-20:30  
Yin  
Ratheesh Mani  
IN ENGLISH

**TORSDAG 18/8**

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

10:00-11:30  
Hatha & Meditation  
ChungMei Lee  
IN ENGLISH

12:00-13:00  
Yoga Core  
Annika Berger

17:15-18:30  
Hatha  
Ulrika Josander

17:30-19:00  
Vinyasa  
Sandra Lones

19:15-20:30  
Restorative  
Frida Stålnacke

**FREDAG 19/8**

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

15:00-17:00  
Restorative  
Frida Stålnacke

16:00-18:00  
Mysore (Ashtanga)

17:15-18:30  
Hatha  
Kripa Patra  
IN ENGLISH

**LÖRDAG 20/8**

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

11:00-12:30  
Vinyasa 2-3  
Melanie Rhodes

12:45-14:00  
Vinyasa 1  
ChungMei Lee  
IN ENGLISH

14:15-15:45  
Yin  
Carina Schütt

**SÖNDAG 21/8**

09:00-10:30  
Ledd Primary (Ashtanga)  
David Fredriksson

10:45-12:00  
Vinyasa 2-3  
David Fredriksson

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

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

15:30-16:45  
Vinyasa  
Ulrika Josander

Nästa vecka börjar  
höstschemat!

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