

MÅNDAG

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

10:30-11:45
Hatha 2
Jonas Rådahl

12:00-13:00
Yin
Jonas Rådahl

12:00-13:00
Vinyasa
Kripa Patra

IN ENGLISH

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

IN ENGLISH

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

17:45-19:00
Jivamukti
Yohanna Mannelqvist

18:00-20:00
Mysore (Ashtanga)

19:15-20:30
Hatha 1-2
Ratheesh Mani

IN ENGLISH

TISDAG

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

07:00-08:00
Vinyasa
Linn Hansson

10:00-11:15
Yin
Sandra Janson

12:00-13:00
Jivamukti
Yohanna Mannelqvist

16:15-17:30
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
Ulrika Josander

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

16:00-17:15
Restorative
Frida Stålnacke

17:30-18:45
Vinyasa 2-3
Ted Sikström

17:30-18:45
Vinyasa 1
Nenne Folkeson

18:00-20:00
Mysore (Ashtanga)

19:00-20:00
Yoga Nidra
ChungMei Lee

IN ENGLISH

19:00-20:30
Yin
Ratheesh Mani

IN ENGLISH

TORSDAG

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

07:00-08:00
Vinyasa
Ratheesh Mani

IN ENGLISH

08:00-10:00
Self practice
Ej lärarledd

10:00-11:15
AkuYin™
Sofie Ringsten

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

IN ENGLISH

12:00-13:00
Yoga Nidra
ChungMei Lee

IN ENGLISH

12:00-13:00
Yoga Core
Annika Berger

17:30-19:00
Vinyasa 2-3
Sandra Lones

17:45-19:00
Hatha
Guy Powiecki

19:15-20:30
Sound Healing
Ellen Segergren
med vänner

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)

15:00-16:55
Restorative
Sarah Jonsson

17:00-18:15
Hatha
Sarah Jonsson

LÖRDAG

10:00-11:15
Hatha 1
Linn-Isabell Westerlund

11:30-13:00
Vinyasa 2-3
Charlotte Fredriksson

13:15-14:30
Vinyasa 1
ChungMei Lee

IN ENGLISH

14:45-16:15
Yin
Carina Schütt

SÖNDAG

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
ChungMei Lee

IN ENGLISH

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

IN ENGLISH

HÖSTSCHEMA 2022

Yogayama Östermalm

Gäller perioden 22/8-22/12

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