

## MÅNDAG

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

10:45-11:45  
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  
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  
Hatha  
Kripa Patra  
IN ENGLISH

09:30-10:15  
AkuYin™  
Sofie Ringsten

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

12:00-13:00  
Pranayama  
Sara Granström

12:00-13:00  
Vinyasa  
Linn-Isabell Westerlund

16:00-17:15  
Restorative & Reiki  
Kia Agerhem

17:30-18:45  
Vinyasa 2-3  
Pauline Reibell

17:30-18:45  
Vinyasa 1  
Nenne Folkesson

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  
Pauline Reibell

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

16:15-17:15  
Yin  
Sandra Lones

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

17:45-19:00  
Hatha  
Guy Powiecki

## FREDAG

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

10:15-11:30  
Teknikklass  
Jonas Rådahl

12:00-13:00  
Vinyasa  
Jonas Rådahl

13:15-14:15  
Hatha  
Sandra Lones

15:00-16:55  
Restorative  
Sarah Jonsson

16:00-18:00  
Mysore (Ashtanga)

17:00-18:00  
Hatha  
Sarah Jonsson

## LÖRDAG

09:45-11:00  
Hatha 1  
Clara Mattsson

11:15-12:45  
Vinyasa 2-3  
Charlotte Fredriksson

13:00-14:15  
Vinyasa 1  
Linn-Isabell Westerlund

14:30-16:00  
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

# VÅRSHEMA 2023

Yogayama Östermalm

Gäller perioden 16/1-22/6 2023

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