

MÅNDAG

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

10:15-11:15
Hatha 2
Jonas Rådahl

12:00-13:00
Yin
Jonas Rådahl

12:00-13:00
Vinyasa
Kripa Patra

IN ENGLISH

16:15-17:15
Breathwork
Kia Agerhem

17:30-19:30
Mysore (Ashtanga)
Programansvariga
David & Laruga

17:30-18:45
Vinyasa
Nathalie Czarnecki

17:45-19:00
Yin
Mats Hedberg

19:15-20:15
Hatha
Ratheesh Mani

IN ENGLISH

TISDAG

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

07:00-08:00
Vinyasa
Nathalie Czarnecki

10:00-11:15
PilatesYoga
Annika Begrer

10:00-11:15
Yin
Sandra Janson

12:00-13:00
Hatha
Nathalie Czarnecki

16:00-17:15
Hatha 2-3
Ratheesh Mani

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

17:30-18:45
Hatha
Anna Linnea Hedelin

19:00-20:15
Yin
Anna Linnea Hedelin

ONSDAG

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

07:00-08:00
Hatha
Kripa Patra

IN ENGLISH

09:00-10:15
AkuYin™
Sofie Ringsten

10:15-11:45
Hatha & Pranayama
Sandra Janson

12:00-13:00
Vinyasa
Kia Agerhem

15:45-17:00
Restorative & Reiki
Kia Agerhem

17:15-18:30
Vinyasa
Charlotte Fredriksson

17:30-19:30
Mysore (Ashtanga)
Programansvariga
David & Laruga

18:45-20:00
Yin
Ratheesh Mani

IN ENGLISH

TORSDAG

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

07:00-08:00
Vinyasa
Pauline Reibell

10:15-11:30
Hatha
Sandra Janson

12:00-13:00
Yoga Core
Annika Berger

16:00-17:00
Yin
Sandra Lones

17:15-18:45
Vinyasa 2-3
Sandra Lones

19:00-20:00
Sound Journey
Pouran Djampour

FREDAG

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

10:00-11:15
Yoga Core
Jonas Rådahl

12:00-13:00
Vinyasa
Jonas Rådahl

13:15-14:15 från 24/5!
Hatha
Sandra Lones

15:15-16:45
Restorative
Sofia Hellströmer

16:00-18:00
Mysore (Ashtanga)
Programansvariga
David & Laruga

17:00-18:15
Jivamukti
Nathalie Wahlberg

LÖRDAG

09:00-10:15
Hatha
Sofia Hertz

10:30-12:00
Vinyasa 2-3
Charlotte Fredriksson

12:15-13:30
PilatesYoga
Carina Schütt

13:45-15:15
Yin
Carina Schütt

SÖNDAG

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

10:45-12:00
Ledd Halv Primary
(Ashtanga)
David Fredriksson

12:15-13:30
Hatha
Sofia Hellströmer

13:45-15:00
Yin
Annie Vartanian

15:15-16:30
Vinyasa
Anna Papas

YOGASHEMA 2024

Yogayama Östermalm

Gäller från 15/1 2024