

# SOMMARSHEMA 2024

Yogayama Östermalm

**Gäller 17/6-18/8**

*Sommarstängt 20/7-2/8*

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



MÅNDAG 17/6	TISDAG 18/6	ONSDAG 19/6	TORSDAG 20/6	FREDAG 21/6	LÖRDAG 22/7	SÖNDAG 23/6
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 Full Primary (Ashtanga) Jasmin Hedlund
10:15-11:15 Hatha 2-3 Jonas Rådahl	07:00-08:00 Vinyasa Nathalie Czarnecki	10:15-11:30 Hatha & Pranayama Carina Schütt	07:00-08:00 Vinyasa Kripa Patra <small>IN ENGLISH</small>			11:00-12:15 Hatha Sofia Hellströmer
12:00-13:00 Vinyasa Kripa Patra <small>IN ENGLISH</small>	10:30-11:30 PilatesYoga Carina Schütt	12:00-13:00 Vinyasa Jonas Rådahl	10:15-11:30 Hatha Sofia Hertz			12:30-13:30 Yin Sofia Hellströmer
16:15-17:15 Yin Carina Schütt	12:00-13:00 Hatha Nathalie Czarnecki	16:00-17:15 Yin Anna Linnea Hedelin	12:00-13:00 Yoga Core Sandra Lones	<b>Stängt</b>	<b>Stängt</b>	
17:00-19:00 Mysore (Ashtanga)	16:15-17:15 Yin Anna Linnea Hedelin	17:00-19:00 Mysore (Ashtanga)	13:30-15:00 Vinyasa 2-3 Sandra Lones			
17:30-18:45 Hatha Sofia Hertz	16:00-18:00 Self practice Ej lärarledd	17:30-18:45 Vinyasa Sandra Lones				
	17:30-18:45 Vinyasa Kripa Patra <small>IN ENGLISH</small>					



**v.25**

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

**MÅNDAG 24/6**

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

10:15-11:15  
Hatha  
Sofia Hellströmer

12:00-13:00  
Vinyasa  
Yohanna Mannelqvist

16:15-17:15  
Yin  
Kia Agerhem

16:45-18:45  
Mysore (Ashtanga)

17:30-18:45  
Vinyasa  
Nathalie Czarnecki

**TISDAG 25/6**

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

07:00-08:00  
Vinyasa  
Nathalie Czarnecki

10:00-11:15  
Yin  
Sandra Janson

12:00-13:00  
Hatha  
Nathalie Czarnecki

16:15-17:15  
PilatesYoga  
Annika Berger

16:00-18:00  
Self practice  
Ej lärarledd

17:30-18:45  
Hatha  
Sofia Hellströmer

**ONSDAG 26/6**

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

10:15-11:30  
Hatha & Pranayama  
Sandra Janson

12:00-13:00  
Vinyasa  
Kia Agerhem

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

16:45-18:45  
Mysore (Ashtanga)

17:30-18:45  
Vinyasa  
Charlotte Fredriksson

**TORSDAG 27/6**

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

07:00-08:00  
Vinyasa  
Kripa Patra

IN ENGLISH

10:15-11:30  
Hatha  
Sandra Janson

12:00-13:00  
Yoga Core  
Annika Berger

16:00-17:00  
Yin  
Sandra Lones

16:00-18:00  
Self practice  
Ej lärarledd

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

**FREDAG 28/6**

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

10:00-11:15  
YogaCore  
Annika Berger

12:00-13:00  
Vinyasa  
Yohanna Mannelqvist

13:15-14:15  
Hatha  
Sandra Lones

15:00-16:30  
Restorative  
Sandra Janson

**LÖRDAG 29/6**

09:30-11:00  
Vinyasa  
Sandra Lones

11:15-12:30  
Hatha  
Carina Schütt

12:45-14:15  
Yin  
Carina Schütt

**SÖNDAG 30/6**

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

10:45-12:00  
Vinyasa 2-3  
Sandra Lones

12:15-13:30  
Hatha  
Anna Linnea Hedelin

13:45-15:00  
Yin  
Anna Linnea Hedelin



**v.26**

**MÅNDAG 1/7**

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

10:15-11:15  
Hatha 2-3  
Jonas Rådahl

12:00-13:00  
Vinyasa  
Jonas Rådahl

16:15-17:15  
Yin  
Jonas Rådahl

16:45-18:45  
Mysore (Ashtanga)

17:30-18:45  
Hatha  
Nathalie Czarnecki

**TISDAG 2/7**

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

07:00-08:00  
Vinyasa  
Nathalie Czarnecki

10:00-11:15  
Yin  
Sandra Lones

12:00-13:00  
Hatha  
Nathalie Czarnecki

16:15-17:15  
PilatesYoga  
Annika Berger

16:00-18:00  
Self practice  
Ej lärarledd

17:30-18:45  
Vinyasa  
Jonas Rådahl

**ONSDAG 3/7**

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

10:15-11:30  
Hatha & Pranayama  
Carina Schütt

12:00-13:00  
Vinyasa  
Jonas Rådahl

16:00-17:15  
Restorative  
Carina Schütt

16:45-18:45  
Mysore (Ashtanga)

17:30-18:45  
Hatha  
Nathalie Czarnecki

**TORSDAG 4/7**

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

07:00-08:00  
Vinyasa  
Kripa Patra

IN ENGLISH

10:15-11:30  
Hatha  
Kripa Patra

IN ENGLISH

12:00-13:00  
Yoga Core  
Annika Berger

16:00-17:00  
Yin  
Lärare

16:00-18:00  
Self practice  
Ej lärarledd

17:15-18:45  
Vinyasa  
Nathalie Czarnecki

**FREDAG 5/7**

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

10:00-11:15  
Yoga Core  
Kripa Patra

IN ENGLISH

12:00-13:00  
Vinyasa  
Nathalie Czarnecki

15:00-16:30  
Restorative  
Carina Schütt

**LÖRDAG 6/7**

09:30-11:00  
Vinyasa 2-3  
Kripa Patra

11:15-12:30  
Hatha  
Carina Schütt

IN ENGLISH

14:00-15:30  
Yin  
Carina Schütt

**SÖNDAG 7/7**

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

10:45-12:00  
Vinyasa 2-3  
Sandra Lones

12:15-13:30  
Hatha  
Kripa Patra

IN ENGLISH

13:45-15:00  
Yin  
Kripa Patra

IN ENGLISH



**v.27**

**MÅNDAG 8/7**

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

10:15-11:15  
Hatha 2-3  
Jonas Rådahl

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

16:15-17:15  
Yin  
Jonas Rådahl

16:45-18:45  
Mysore (Ashtanga)

17:30-18:45  
Hatha  
Anna Linnea Hedelin

**TISDAG 9/7**

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

07:00-08:00  
Vinyasa  
Nathalie Czarnecki

10:00-11:15  
Yin  
Anna Linnea Hedelin

12:00-13:00  
Hatha  
Anna Linnea Hedelin

16:15-17:15  
PilatesYoga  
Carina Schütt

16:00-18:00  
Self practice  
Ej lärarledd

17:30-18:45  
Vinyasa  
David Fredriksson

**ONSDAG 10/7**

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

10:15-11:30  
Hatha & Pranayama  
Carina Schütt

12:00-13:00  
Vinyasa  
Jonas Rådahl

16:00-17:15  
Restorative  
Carina Schütt

16:45-18:45  
Mysore (Ashtanga)

17:30-18:45  
Hatha  
Carina Schütt

**TORSDAG 11/7**

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

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

10:15-11:30  
Yoga Core  
Kripa Patra  
IN ENGLISH

12:00-13:00  
Hatha  
Anna Linnea Hedelin

16:00-17:00  
Yin  
Lärare

16:00-18:00  
Self practice  
Ej lärarledd

17:15-18:30  
Vinyasa  
David Fredriksson

**FREDAG 12/7**

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

10:00-11:15  
YogaCore  
Jonas Rådahl

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

14:00-15:30  
Restorative  
Carina Schütt

**LÖRDAG 13/7**

09:30-11:00  
Vinyasa 2-3  
David Fredriksson

11:15-12:30  
Hatha  
Carina Schütt

14:00-15:30  
Yin  
Carina Schütt

**SÖNDAG 14/7**

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

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

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

13:45-15:00  
Yin  
Kripa Patra  
IN ENGLISH

**v.28**

**MÅNDAG 15/7**

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

10:15-11:15  
Hatha  
Kripa Patra

IN ENGLISH

12:00-13:00  
Vinyasa  
Kripa Patra

IN ENGLISH

13:15-14:30  
Yin  
Carina Schütt

**TISDAG 16/7**

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

10:00-11:15  
Yin  
Carina Schütt

12:00-13:00  
Hatha  
Carina Schütt

13:15-14:30  
Vinyasa  
Kripa Patra

IN ENGLISH

**ONSDAG 17/7**

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

10:15-11:30  
Hatha & Pranayama  
Carina Schütt

12:00-13:00  
Vinyasa  
Kripa Patra

IN ENGLISH

13:15-14:30  
Restorative  
Carina Schütt

**TORSDAG 18/7**

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

10:15-11:30  
YogaCore  
Kripa Patra

IN ENGLISH

12:00-13:00  
Hatha  
Anna Linnea Hedelin

13:15-14:30  
Vinyasa  
Carina Schütt

**FREDAG 19/7**

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

10:00-11:15  
YogaCore  
Kripa Patra

IN ENGLISH

12:00-13:00  
Vinyasa  
Kripa Patra

IN ENGLISH

13:15-14:30  
Restorative  
Carina Schütt

**LÖRDAG 20/7****SOMMARSTÄNGT**

Studion öppnar  
igen lördag den 3/8

**SÖNDAG 21/7**


**v.29**

**MÅNDAG 29/7**

**TISDAG 30/7**

**ONSDAG 31/7**

**TORSDAG 1/8**

**FREDAG 2/8**

**LÖRDAG 3/8**

**SÖNDAG 4/8**

09:30-11:00  
Vinyasa 2-3  
Lärare

11:15-12:30  
Hatha  
Carina Schütt

14:00-15:30  
Yin  
Carina Schütt

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

10:45-12:00  
Vinyasa 2-3  
Kripa Patra

IN ENGLISH

12:15-13:30  
Hatha  
Kripa Patra

IN ENGLISH

13:45-15:00  
Yin  
Annie Vartanian

**v.31**

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

**MÅNDAG 5/8**

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

10:15-11:15  
Hatha  
Sandra Janson

12:00-13:00  
Vinyasa  
Kripa Patra

IN ENGLISH

16:15-17:15  
Yin  
Sandra Janson

16:45-18:45  
Mysore (Ashtanga)

17:30-18:45  
Hatha  
Kripa Patra

IN ENGLISH

**TISDAG 6/8**

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

10:00-11:15  
Yin  
Sandra Janson

12:00-13:00  
Hatha  
Sandra Janson

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

IN ENGLISH

16:00-18:00  
Self practice  
Ej lärarledd

17:30-18:45  
Vinyasa  
Lärare

**ONSDAG 7/8**

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

10:00-11:15  
Hatha & Pranayama  
Sandra Janson

12:00-13:00  
Vinyasa  
Kripa Patra

IN ENGLISH

16:00-17:15  
Restorative  
Nenne Folkeson

16:45-18:45  
Mysore (Ashtanga)

17:30-18:45  
Hatha  
Kripa Patra

IN ENGLISH

**TORSDAG 8/8**

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

10:15-11:30  
Hatha  
Sandra Janson

12:00-13:00  
Yoga Core  
Sandra Janson

16:00-17:00  
Yin  
Jonas Rådahl

16:00-18:00  
Self practice  
Ej lärarledd

17:15-18:30  
Vinyasa  
Jonas Rådahl

**FREDAG 9/8**

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

10:00-11:15  
YogaCore  
Jonas Rådahl

12:00-13:00  
Vinyasa  
Jonas Rådahl

14:30-16:30  
Mysore (Ashtanga)

15:00-16:30  
Restorative  
Sandra Janson

**LÖRDAG 10/8**

09:30-11:00  
Vinyasa  
Charlotte Fredriksson

11:15-12:30  
Hatha  
Carina Schütt

14:00-15:30  
Yin  
Carina Schütt

**SÖNDAG 11/8**

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

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

12:15-13:30  
Hatha  
Sofia Hellströmer

13:45-15:00  
Yin  
Annie Vartanian



**v.32**



**MÅNDAG 12/8**

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

10:15-11:15  
Hatha 2-3  
Jonas Rådahl

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

16:15-17:15  
Yin  
Kia Agerhem

16:45-18:45  
Mysore (Ashtanga)

17:30-18:45  
Vinyasa  
Kia Agerhem

**TISDAG 13/8**

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

07:00-08:00  
Vinyasa  
Lärare

10:00-11:15  
Yin  
Sandra Janson

10:00-11:00  
YogaPilates  
Annika Berger

12:00-13:00  
Hatha  
Sofia Hertz

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

16:30-18:30  
Self practice  
Ej lärarledd

17:30-18:45  
Vinyasa  
Kia Agerhem

**ONSDAG 14/8**

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

07:00-08:00  
Hatha  
Kripa Patra

IN ENGLISH

10:15-11:30  
Hatha & Pranayama  
Sara Granström  
Powiecki

12:00-13:00  
Vinyasa  
Kia Agerhem

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

17:00-19:00  
Mysore (Ashtanga)

17:30-18:45  
Vinyasa  
Sandra Lones

19:00-20:15  
Yin  
Ratheesh Mani  
IN ENGLISH

**TORSDAG 15/8**

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

07:00-08:00  
Vinyasa  
Kripa Patra

IN ENGLISH

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

**FREDAG 16/8**

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

10:00-11:15  
YogaCore  
Jonas Rådahl

12:00-13:00  
Vinyasa  
Jonas Rådahl

13:15-14:15  
Hatha  
Sandra Lones

15:15-16:45  
Restorative  
Sofia Hellströmer

16:00-18:00  
Mysore (Ashtanga)

17:00-18:00  
Vinyasa  
Sandra Lones

**LÖRDAG 17/8**

09:30-11:00  
Vinyasa  
Charlotte Fredriksson

11:15-12:30  
Hatha  
Sofia Hertz

14:00-15:30  
Yin  
Carina Schütt

**SÖNDAG 18/8**

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

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

12:15-13:30  
Hatha  
Sofia Hellströmer

13:45-15:00  
Yin  
Annie Vartanian

**Nästa vecka börjar  
höstschemat!**

**v. 33**