

## MÅNDAG

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

10:15-11:15  
Hatha 2-3  
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  
/Kripa Patra\*

17:00-19:00  
Mysore (Ashtanga)  
Programansvariga  
David & Laruga

17:30-18:45  
Vinyasa  
Nathalie Czarnecki

17:45-19:00  
Yin  
Mats Hedberg

## TISDAG

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

07:00-08:00  
Vinyasa  
Nathalie Czarnecki

10:00-11:15  
Yin  
Sandra Janson

12:00-13:00  
PilatesYoga  
Annika Begrer

12:00-13:00 Start 28/1!  
Vinyasa  
Ratheesh Mani

IN ENGLISH

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  
Styrka & Smidighet  
Sandra Janson

10:15-11:45  
Hatha & Pranayama  
Sara Granström Powiecki

12:00-13:00  
Vinyasa  
Lärare

12:00-13:00 Ny klass!  
Yin  
Sofie Ringsten

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

17:30-18:45  
Vinyasa  
Nathalie Czarnecki

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

19:00-20:15  
Yin  
Ratheesh Mani

IN ENGLISH

## TORSDAG

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

12:00-13:00 Start 5/3!  
Vinyasa  
Charlotte Fredriksson

16:00-17:00  
Yin  
Sandra Lones

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

17:30-18:30 Start 25/1!  
TT-klass  
Nyexaminerade lärare  
från vår yogaläroverutb.

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  
Vinyasa (4-beat)  
Sofia Hertz

15:15-16:45  
Restorative  
Sofia Hellströmer

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

17:00-18:00  
Hatha  
Sofia Hellströmer

## LÖRDAG

09:00-10:15  
Hatha  
Sofia Hertz

10:30-12:00  
Vinyasa 2-3  
Lärare

12:15-13:15 Start 25/1!  
Sound- & Voice Meditation  
Pauline Reibell

13:30-14:30 Start 25/1!  
Terapeutisk Hatha  
Carina Schütt

14:45-16:00  
Yin  
Carina Schütt

## SÖNDAG

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

10:45-11:55  
Ledd Halv Primary  
(Ashtanga)  
David Fredriksson

12:00-13:15  
Hatha  
Anna Linnea Hedelin

13:30-14:45  
Yin  
Anna Linnea Hedelin

\*varannan vecka

# YOGASHEMA 2025

Yogayama Östermalm

Gäller från 13/1 2025