



Mandala

Yoga

## NEUJAHR 2012 ab 12.1.12

Mo / Mon	Di / Tues	Mi / Wed	Do / Thurs	Fr / Fri	Son/Sun
<b>09.30–11.00</b> <b>Über 60</b> <b>Yoga</b> <b>(Sumuki)</b> <b>ab 16.1.12</b>		<b>07.30–08.30</b> <b>Yoga (Ludwig)</b> <b>(Spenden basis)</b>	<b>09.30–11.00</b> <b>Kundalini Yoga</b> <b>(Sabina)</b> <b>ab 12.1.12</b>	<b>07.00–08.00</b> <b>Surya Namaskar</b> <b>&amp; Pranayama</b> <b>(Clarissa)</b> <b>(Spenden basis)</b>	
	<b>12.15–13.15</b> <b>Sanfter Yoga</b> <b>(Clarissa)</b>		<b>12.15–13.15</b> <b>Yoga</b> <b>(Clarissa)</b>	<b>12.15–13.15</b> <b>Yoga (in English)</b> <b>(Peter)</b>	
<b>18.00.19.30</b> <b>Yoga mit</b> <b>Meditation</b> <b>(Clarissa)</b>	<b>18.00.19.30</b> <b>Yoga</b> <b>(Clarissa)</b>	<b>18.00.19.30</b> <b>Hatha Flow</b> <b>(Sascha)</b> <b>ab 2.11.</b>	<b>18.00.19.30</b> <b>Yoga</b> <b>(Sumukhi)</b>		<b>18.00–19.00</b> <b>geleitete</b> <b>Meditation</b> <b>(Spenden basis)</b>
<b>19.45–21.15</b> <b>Patanjali</b> <b>Yoga Sutras</b> <b>(Clarissa)</b> <b>(Spenden basis)</b>	<b>19.45–21.15</b> <b>Yoga</b> <b>Chakras</b> <b>(Clarissa)</b>	<b>20.00–21.30</b> <b>Yoga Chakras</b> <b>(Clarissa)</b>	<b>19.45–21.15</b> <b>Anfänger I</b> <b>(Sumukhi)</b> <b>ab 12.1.12</b>		<b>NEU</b>