



YOGASCHULE WERDER

Kursplan

www.yogaschule-werder.de

| montag | lehrer | stil |
|-----------------|---------|---|
| 09.00h - 10.30h | annette | hatha - anusara® yoga |
| 18.00h - 19.30h | eva | hatha yoga |
| 20.00h - 21.30h | eva | hatha yoga |
| dienstag | | |
| 08.30h - 10.00h | eva | hatha yoga |
| 10.30h - 12.00h | eva | hatha yoga |
| 18.00h - 19.30h | gunda | hatha yoga flow |
| 20.00h - 21.30h | gunda | hatha yoga flow |
| mittwoch | | |
| 18.00h - 19.30h | annette | hatha - anusara® yoga |
| 20.00h - 21.30h | annette | hatha - anusara® yoga |
| donnerstag | | |
| 08.30h - 10.00h | katrin | hatha - sivasakti - yoga |
| 16.00h - 17.30h | gunda | hatha yoga flow |
| 18.00h - 19.30h | annette | hatha - anusara® yoga |
| 20.00h - 21.30h | annette | hatha - anusara® yoga |
| freitag | | |
| 08.30h - 10.00h | gunda | hatha yoga flow |
| 10.30h - 12.00h | gunda | hatha yoga flow |
| ab 12.30h | | yoga als therapie - einzelstunde (auch andere Termine möglich) |
| Samstag/Sonntag | | |
| | | wechselnde Workshops |

Bezuschussung durch die Krankenkassen, Probestunde kostenlos