


KURSPLAN YOGA BALANCE

| MO | DI | MI | DO | FR | SA | SO |
|--------------------|--------------------|--------------------|--------------------|--------------------|-------------------|----|
| | | | 09:00 - 10:30 (L) | | | |
| 09:30 - 11:00 (M) | | 09:30 - 11:00 (He) | | | 09:45 - 11:15 (T) | |
| | | | | 15:00 - 16:00 (An) | | |
| | | | | 16:00 - 17:00 (An) | | |
| | | | | 16:15 - 17:45 (W) | | |
| | | | | 17:00 - 18:30 (Si) | | |
| | | | | 17:15 - 18:30 (Hi) | | |
| 18:15 - 19:45 (U) | 18:15 - 19:45 (N) | 18:15 - 19:45 (W) | 18:15 - 19:45 (U) | 18:15 - 19:45 (L) | | |
| 18:15 - 19:45 (Co) | 18:15 - 19:45 (Da) | 18:15 - 19:45 (St) | 18:15 - 19:45 (Ka) | | | |
| | | 18:15 - 19:45 (Ma) | 18:15 - 19:45 (E) | | | |
| 20:00 - 21:30 (Sa) | 20:00 - 21:30 (N) | 20:00 - 21:30 (M) | 20:00 - 21:30 (D) | | | |
| 20:00 - 21:30 (A) | | | 20:00 - 21:30 (El) | | | |
| 20:00 - 21:30 (W) | | | | | | |

Termine gelten ab: Januar 2024

 Yoga für Erwachsene*

 Yoga für Kinder

 Yin Yoga

 Online-Yoga (Zoom) **

 Yoga für Teens

Anke D. (A), Anne (An), Cordula (Co), Daniel (Da), Doris (D), Elke (El), Esther (E), Heidi (Hi), Helga (He), Karin (Ka), Lisa (L), Marian (M), Marie (Ma), Nicole (N), Sarah (Sa), Silke (Si), Steffi (St), Team (T), Ulrike (U), Werner (W)

* Yoga für Erwachsene – kann auch ohne Kursverpflichtung einzeln besucht und bezahlt werden

** Online Yoga – Zugangsdaten bitte per E-Mail anfragen: info@yoga-balance.de