

HERMANS

WOHNZIMMER

Yogaplan / Yoga Schedule

	Montag / Monday	Dienstag / Tuesday	Mittwoch / Wednesday	Donnerstag / Thursday	Freitag / Friday	Samstag / Saturday	Sonntag / Sunday
7 - 8 Uhr	Parvati Yoga 07.30 - 08.30		Yoga with Friends 7.30 - 8.30				
8 - 9 Uhr			Yo! Ga. Raps 8.45 - 10.00				
9 - 10 Uhr	Rajesh 9.30 - 11.00		Anouk	Lisa / Mein Tempel* 9.00 - 10.00		Pop up Yoga * 9.30 - 11.00 Community Class	
10 - 11 Uhr							We are Yoga 10.30 - 11.45
11 - 12 Uhr							
12 - 13 Uhr	Rajesh 12.15 - 13.15		Thorsten 12.00 - 13.00	Yoga with Friends 12.15 - 13.15	Somo Yoga 12.00 - 13.00		Yoga Lia 12.15-13.45
13 - 14 Uhr						Lisa & Jackey / MeinTempel* 13.00-15.00 Special	Jackey / Mein Tempel* 14.00-15.30 Wing Chun
14 - 15 Uhr							
15 - 16 Uhr							
16 - 17 Uhr							
17 - 18 Uhr							Rajesh 17.00 - 18.30
18 - 19 Uhr	Thorsten 18.00 - 19.00	Cindy 18.00 - 19.15 LUOSliving aware	Parvati Yoga 18.00 - 19.15		Somo Yoga 18.15 - 19.30 Meditation bis 20.00		
19 - 20 Uhr	We are Yoga 19.30 - 20.45	Yolo Yoga 19.30 - 21.00 David	Pop up Yoga * 19.30 - 21.00 Deddou	Yoga with Friends 19.00 - 20.30			
20 - 21 Uhr					Jackey / Mein Tempel* 20.15-21.45 Wing Chun		
21 - 22 Uhr							

*Anmeldungen sind nur über die jeweiligen Instrukturen möglich. / Reservations are only possible directly with the instructors.

CONTACT

Somo Yoga: www.somoyoga.ch

David: www.facebook.com/yoloyogazurich

Deddou: www.popupyoga.ch

Yoga With Friends: www.yogawithfriends.net

We are Yoga: www.facebook.com/WE-ARE-YOGA-248835988628801/

Lia: www.yoga-lia.ch

Lisa / Jackey, Mein Tempel: www.meintempel.ch

Thorsten: www.facebook.com/yogamitthorsten/

Anna: <http://www.facebook.com/parvatiyoga>

Cindy: <https://www.facebook.com/LUOSlivingaware/>

Rajesh: yogachaitanya.ram@gmail.com