

Bhagayoga Planning 26/27



Lunedì

Martedì

Mercoledì

Giovedì

Venerdì

Sabato

09:15

Hatha Yoga

12:30

18:15

Hatha Yoga

19:45

Hatha Yoga

09:30

Domenica

Workshop e seminari monotematici

Hatha Yoga

Hatha Yoga

Yoga Posturale

Intro Ashtanga

Hatha Yoga

Hatha Yoga

Intro Ahtanga

Vinyasa Yoga

08:00

Hatha Yoga

09:30

Kundalini Yoga

11:00

Yin Yoga