

wer unterrichtet welche Klassen: **Januar**



Montag – Freitag: Morgens: Openingchant um 7:00 Uhr
Abends: das Studio öffnet um 18 Uhr, Openingchant um 18:30 Uhr

KW 1. 31. Dezember – 6. Januar

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8 Uhr Mysore Andrea	No class	7 - 10 Mysore Andrea/Dragos	7 - 10 Mysore Andrea/Marie	7 - 10 Mysore Andrea/Katy	8:30 – 9:30 <i>Chanting/ Pranayama 1</i>	● new moon
						10 Mysore Andrea/Dragos
No class	No class	18:30–20:30 Mysore Marie	18:30-20:30 Mysore Marie	18:30–20:30 Mysore Gigi		

KW 2. 7. – 13. Januar

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	6:20 silent practice*	6:20 silent practice*	6:20 silent practice*		8:30 – 9:30 <i>Workshop Chanting/ Pranayama 2</i>	9:15 – 9:45 Zazen
7 - 10 Mysore Gigi	7 - 10 Mysore Andrea/Gigi	7 - 10 Mysore Andrea/Dragos	7 - 10 Mysore Andrea/Marie	7 - 10 Mysore Andrea/Katy		10 Mysore Andrea/Dragos
18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Marie	18:30-20:30 Mysore Marie	18:30–20:30 Mysore Astrid	17 <i>Yin Yoga</i> Marie	17:30 Mysore Astrid

KW 3. 14. – 20. Januar

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	6:20 silent practice*	6:20 silent practice*	6:20 silent practice*	6:20 silent practice*	8:30 – 9:30 <i>Workshop Chanting/ Pranayama 3</i>	9:15 – 9:45 Zazen
7 - 10 Mysore Gigi	7 - 10 Mysore Andrea/Gigi	7 - 10 Mysore Andrea/Dragos	7 - 10 Mysore Andrea/Marie	7 - 10 Mysore Andrea/Katy		10 Mysore Andrea/Dragos
18:30–20:30 Mysore Marie/Astrid	18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Astrid	18:30-20:30 Mysore Marie	18:30–20:30 Mysore Marie	14:00 – 17:00 <i>Workshop Basics of Ashtanga Yoga</i>	14:00 – 16:30 <i>Workshop</i> 17:30 Mysore Gigi

KW 4. 21. – 27. Januar

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	6:20 silent practice*	6:20 silent practice*				
○ Full Moon	7 - 10 Mysore Andrea/Gigi	7 - 10 Mysore Andrea/Dragos	7 - 10 Mysore Astrid/ Katy	7 - 10 Mysore Gigi/Marie		9:15 – 9:45 Zazen
					10 Mysore Astrid/Marie	10 Led Class Dragos
18:30–20:00 <i>Moonpractice</i> Marie	18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Marie	18:30-20:30 Mysore Marie	18:30–20:30 Mysore Astrid		17:30 Mysore Astrid

KW 5. 28. Januar – 3. Februar

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	6:20 silent practice*	6:20 silent practice*	6:20 silent practice*	6:20 silent practice*		
7 - 10 Mysore Gigi	7 - 10 Mysore Andrea/Gigi	7 - 10 Mysore Andrea/Dragos	7 - 10 Mysore Andrea/Marie	7 - 10 Mysore Andrea/Katy		9:15 - 9:45 Zazen
					10 Mysore Andrea/Dragos	10 Led Class Andrea
18:30-20:30 Mysore Marie	18:30-20:30 Mysore Astrid	18:30-20:30 Mysore Marie	18:30-20:30 Mysore Marie	18:30-20:30 Mysore Astrid		17:30 Mysore Marie

6:20 silent practice*: the studio is open for selfpractice in Meditation or Pranayama