

wer unterrichtet welche Klassen: August 2019

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



KW 31. 29. Juli – 4. August

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
7 - 10 Mysore Gigi	7 - 10 Mysore Andrea/Katy	7 - 10 Mysore Andrea/Dragos	● new moon	7 - 10 Mysore Gigi		9:00 – 9:45 Meditation & Pranayama
					10:00 Mysore Andrea/Dragos	10:00 Led Class Andrea
						<i>Intensive/TT</i>
18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Andrea	18:30 <i>Moonpractice</i> Andrea	18:30–20:30 Mysore Astrid		17:30 Mysore Johanna

KW 32. 5. – 12. August

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<i>6:15 Meditation & Pranayama TT</i>	<i>6:15 Meditation & Pranayama TT</i>	<i>6:15 Meditation & Pranayama TT</i>	<i>6:15 Meditation & Pranayama TT</i>	<i>6:15 Meditation & Pranayama TT</i>		
7 - 10 Mysore Andrea/Gigi	7 - 10 Mysore Andrea/ Johanna	7 - 10 Mysore Andrea/Dragos	7 - 10 Mysore Andrea/ Johanna	7 - 10 Mysore Andrea/ Johanna		9:15 – 9:45 Zazen
<i>Intensive/ Teacher Training</i>	<i>Intensive/ Teacher Training</i>	<i>Intensive/ Teacher Training</i>	<i>Intensive/ Teacher Training</i>	<i>Intensive/ Teacher Training</i>	10:00 Mysore Andrea/ Johanna	10:00 Led Class Andrea
18:30–20:30 Mysore Johanna	18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Johanna	18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Gigi		17:30 Mysore Katy

KW 33. 12. – 18. August

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

KW 34. 19. – 25. August

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
7 - 10 Mysore Gigi	7 - 10 Mysore Gigi/Katy	7 - 10 Mysore Astrid/Dragos	7 - 10 Mysore Cathrin/Astrid	7 - 10 Mysore Cathrin		9:15 – 9:45 Zazen
					10:00 Mysore Cathrin/Dragos	10:00 Led Class Cathrin
18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Cathrin	18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Cathrin		17:30 Mysore Astrid

KW 35. 26. August – 1. September

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
7 - 10 Mysore Gigi	7 - 10 Mysore Cathrin/Katy	7 - 10 Mysore Cathrin/Dragos	7 - 10 Mysore Cathrin/Gigi	● new moon		9:15 – 9:45 Zazen
					10:00 Mysore Astrid/Dragos	10:00 Led Class Astrid
18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Cathrin	18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Cathrin	18:30 Moonpractice Astrid		17:30 Mysore Gigi