

ONLINESCHEDULE

as of March 26th

The beginners classes (Wednesday, Friday and Sunday) are open to everybody. Thursday you can finish the primary series on your own after Navasana or begin finishing. Sunday morning everyone, who is already practicing second series can join. You go up to the last asana you do and than go into finishing on your own.

Please do check back regularly on the website for schedule updates.

Monday - Friday with Cathrin:
Meditation 5:30 am - 6 am

Monday:

17:50 virtual Studio opens

18 - 18:20 led Meditation with Cathrin

18:30 - 19:30 Led class (half Primary) with Cathrin

Tuesday:

17:50 virtual Studio opens

18 - 18:20 led Meditation with Cathrin

18:30 - 19:30 Led class (half Primary) with Cathrin

Wednesday:

17:50 virtuelles Studio öffnet

18:00 - 18:50 Beginners Class (Standing Positions) with Andrea

19:00 - 20:00 Yin Yoga und Tiefenentspannung with Andrea

Thursday:

17:50 virtual Studio opens

18 - 18:20 Meditation with Cathrin

18:30 - 19:45 Led class (half Primary + beginning of Intermediate) with Cathrin

Friday:

17:50 virtual Studio opens

18:00 - 19:00 Beginners Class (Standing Positions) mit Astrid

Saturday:

9:05 virtual Studio opens

9:15 - 9:45 Meditation & Breathwork with Andrea

10:00 - 11:30 Led class (full Primary Series, Sanskrit count) with Andrea

16:00 - 17:30 Basic Workshop with Andrea (28.3. and 4.4.)

Sunday:

9:05 virtual Studio opens

9:15 - 9:45 Meditation & Breathwork with Andrea

10:00 - 11:30 Led class (full Intermediate Series, Sanskrit count) with Andrea

16:00 - 17:00 Beginners class (Standing Positions) mit Astrid

17:30 - 18:45 Yin Yoga and deep relaxation with Andrea