

14 – 27. September 2020



For the classes in the studio please sign in on our doodle list, due the restriction we can have 13 people/class.

Also you can join from home via Zoom in the led classes, for the Meditation and Zazen, as well in the Mysore class at 7am.

* the class is live in the studio, and you can join via **Zoom**.

Before you come to the studio please sign in in our doodle list:

<https://doodle.com/poll/h572awsx2i8q9tap>

week 38. 14.- 20. September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 <i>Studio open</i>	6:45 <i>Studio open</i>	6:45 <i>Studio open</i>		6:45 <i>Studio open</i>		
7 – 8:15 * Mysore	7 – 8:15 * Mysore	7 – 8:15 * Mysore	● new moon	7 – 8:15* Mysore		
8:30 –10:00 Mysore Andrea/Gigi	8:30 – 10:00 Mysore Andrea/Katy	8:30 – 10:00 Mysore Andrea/Julia		8:30 – 10:00 Mysore Cathrin/Marie	8:30– 09:45 Mysore Cathrin	9:15 Meditation * Andrea
					10:00 Mysore Andrea	10:00 * Led Class Primary Series live & Zoom Andrea
	17:40Meditation Cathrin*					
18:00 <i>Studio open</i>	18:00 <i>Studio open</i>	18 Meditation* Cathrin	18:00 <i>Studio open</i>	18:00 <i>Studio open</i>		
18:30–20:15 Mysore Marie <i>start until 19:00</i>	18:30 -20:15 Mysore Cathrin <i>start until 19:00</i>	18:30 * Led Class live & Zoom Cathrin	18:30 * Moonpractice Andrea	18:30 -20:15 Mysore Marie <i>start until 19:00</i>	14 - 17:30 Basic Workshop Andrea	17:30 Mysore Cathrin

week 39. 21.- 27. September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 <i>Studio open</i>	6:45 <i>Studio open</i>	6:45 <i>Studio open</i>	6:45 <i>Studio open</i>			
7 – 8:15 * Mysore	7 – 8:15 * Mysore	7 – 8:15 * Mysore	7 – 8:15 * Mysore	6:30 - 9:30 Workshop Nancy Gilgoff	6:30 - 9:30 Workshop Nancy Gilgoff	6:30 - 9:30 Workshop Nancy Gilgoff
8:30 –10:00 Mysore Andrea/Gigi	8:30 – 10:00 Mysore Andrea/Katy	8:30 – 10:00 Mysore Andrea/Marie	8:30 – 10:00 Mysore Andrea/Julia			
					10:00 Mysore Andrea	10:00 * Led Class Primary Series live & Zoom Andrea
	17:40Meditation Cathrin*					
18:00 <i>Studio open</i>	18:00 <i>Studio open</i>	18:00 <i>Studio open</i>	18:00 <i>Studio open</i>	18:00 <i>Studio open</i>		
18:30–20:15 Mysore Cathrin <i>start until 19:00</i>	18:30 -20:15 Mysore Cathrin <i>start until 19:00</i>	18:30 * Led Class live & Zoom Andrea	18:30 -20:15 Mysore Marie <i>start until 19:00</i>	18:30 -20:15 Mysore Marie <i>start until 19:00</i>		17:30 Mysore Cathrin