

Januar 2021

Bis wir das Studio wieder öffnen können, unterrichten wir weiter via **Zoom**.
Wir bitten euch, auch für die Zoom Klassen auf der Doodle Liste einzutragen, wenn wir das Erste Mal zu uns kommt bitte schickt uns vorab eine kurze Mail an info@ashtangastudio.de



Doodle Liste:

https://doodle.com/poll/3nr43cbgkn2hekaw?utm_source=poll&utm_medium=link

Woche 1 4. – 10. Januar

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	7 Zazen	7 Zazen	7 Zazen			
7:30 * Mysore Cathrin	7:30 * Mysore Andrea	7:30 * Mysore Andrea	7:30 * Mysore Andrea	7:30 * Mysore Cathrin		8:30 Meditation
					9:00 Led Class Primary Series Andrea	9:00 Led Class Intermediate Series Andrea
	12:00-13:00* half Primary Cathrin		12:00-13:00* half Primary Andrea			
					15 -16:30 Pranayama Workshop Andrea	15 -16:30 Pranayama Workshop Andrea
	18 Meditation	18 Meditation		18 Meditation		
18:30 Led Class Primary Marie	18:30 * Mysore Cathrin	18:30 Led Class Half Primary + Beginning of Intermediate Cathrin	18:30 * Led class Half Primary Astrid	18:30 * 'Hatha Flow' Cathrin <i>New class!</i>		17:00 * Yin Yoga Andrea

Woche 2 11. – 17. Januar

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	7 Zazen		7 Zazen	7 Zazen		
7:30 * Mysore Cathrin	7:30 * Mysore Andrea	● Neumond	7:30 * Mysore Cathrin	7:30 * Mysore Andrea		8:30 Meditation
					9:00 Led Class Primary Series Andrea	9:00 Led Class Intermediate Series Andrea
	12:00-13:00* half Primary Cathrin		12:00-13:00* half Primary Andrea		10:30 Pranayama Andrea	
	18 Meditation			18 Meditation		
18:30 Led Class Primary Marie	18:30 * Mysore Cathrin	18:30 Moonpractice Andrea	18:30 * Led class Half Primary Astrid	18:30 * Hatha Flow Cathrin <i>New class!</i>	15:00 Basic Workshop Andrea	17:00 * Yin Yoga Andrea

Woche 3 18. – 24. Januar

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	7 Zazen	7 Zazen	7 Zazen			
7:30 * Mysore Cathrin	7:30 * Mysore Andrea	7:30 * Mysore Andrea	7:30 * Mysore Andrea	7:30 * Mysore Cathrin		8:30 Meditation
					9:00 Led Class Primary Series Andrea	9:00 Led Class Intermediate Series Andrea
	12:00-13:00* half Primary Cathrin		12:00-13:00* half Primary Andrea		10:30 Pranayama Andrea	
	18 Meditation	18 Meditation		18 Meditation		
18:30 Led Class Primary Marie	18:30 * Mysore Cathrin	18:30 Led Class Half Primary + Beginning of Intermediate Cathrin	18:30 * Led class Half Primary Astrid	18:30 * Hatha Flow Cathrin		17:00 Yin Yoga Andrea

Woche 4 25. - 31. Januar

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	7 Zazen	7 Zazen				
7:30 * Mysore Cathrin	7:30 * Mysore Andrea	7:30 * Mysore Andrea	○ Vollmond	7:30 * Mysore Cathrin		8:30 Meditation
					9:00 Led Class Primary Series Andrea	9:00 Led Class Intermediate Series Andrea
	12:00-13:00* half Primary Cathrin				10:30 Pranayama	
	18 Meditation	18 Meditation		18 Meditation		
18:30 Led Class Primary Marie	18:30 * Mysore Cathrin	18:30 Led Class Half Primary + Beginning of Intermediate Cathrin	18:30 * Moonpractice Andrea	18:30 * Hatha Flow Cathrin		17:00 * Yin Yoga Andrea

*diese Klassen sind auch für AnfängerInnen geeignet