

## 29. März – 18. April 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 ihr das erste Mal zu uns kommt bitte schickt uns vorab eine kurze Mail an [info@ashtangastudio.de](mailto:info@ashtangastudio.de)



Doodle Liste: [https://doodle.com/poll/z4fd528t6dcmruk9?utm\\_source=poll&utm\\_medium=link](https://doodle.com/poll/z4fd528t6dcmruk9?utm_source=poll&utm_medium=link)

### Woche 13 29. März – 4. April

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	7:00 Zazen	7:00 Zazen	7:00 Zazen			
7:30 * Mysore Cathrin	7:30 * Mysore Andrea	7:30 * Mysore Andrea	7:30 * Mysore Andrea	<b>Karfreitag</b>	<b>Oster - Samstag</b>	<b>Oster - Sonntag</b>
				9:00 Pranayama Andrea	9:00 Pranayama Andrea	9:00 Pranayama Andrea
	12 -13 * Led class Half Primary Cathrin			10:00 Led Class Primary Series Andrea	10:00 Led Class Primary Series Full Vinyasa Andrea	10:00 Led Class Intermediate Series Andrea
				17:00 * Hatha Flow Cathrin		17:00 * Restorative/ Yin Yoga Andrea
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			

### Woche 14 5. – 11. April

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	7:00 Zazen	7:00 Zazen	7:00 Zazen	7:00 Zazen		
<b>Oster - Montag</b>	7:30 * Mysore Andrea	7:30 * Mysore Andrea	7:30 * Mysore Cathrin	7:30 * Mysore Andrea		8:30 * Zazen
9:00 Pranayama Andrea					9:00 Led Class Primary Series Andrea	9:00 Led Class Intermediate Andrea
10:00 Led Class Primary Series Cathrin	12 - 13* Led class Half Primary Cathrin					
	18 Meditation	18 Meditation		18 Meditation		17:00 * Restorative/ Yin Yoga Andrea
	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		

**Woche 15** 12. – 18. April

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	7:00 Zazen	7:00 Zazen	7:00 Zazen			
● <b>new moon</b>	7:30 * Mysore Andrea	7:30 * Mysore Andrea	7:30 * Mysore Andrea	7:30 * Mysore Cathrin		8:30 * Zazen
					9:00 Led Class <i>Primary Series</i> Andrea	9:00 Led Class <i>Intermediate</i> Andrea
	12 - 13* Led class <i>Half Primary</i> Cathrin					
	18 Meditation	18 Meditation		18 Meditation		17:00 * Restorative/ Yin Yoga Andrea
18:30 * Moonpractice Marie	18:30 * Mysore Cathrin	18:30 Led Class <i>Half Primary + Beginning of Intermediate</i> Cathrin	18:30 * Led class <i>Half Primary</i> Astrid	18:30 * Hatha Flow Cathrin		

\*these classes are also suitable for beginners.