

# Oktober 2021

Before you come to the studio we kindly ask you to sign in to reserve your spot.

Bitte für alle Klassen vorher anmelden: <https://ashtangastudioberlin.termin-direkt.de>

Alle Klassen mit \* können via Zoom besucht werden. \* you can join via Zoom



## week 41 11. - 17. October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 10:00 Mysore * Cathrin  Beginn 7:00 <b>oder</b> 8:30 !	7:00 - 10:00 Mysore * Andrea / Alexandra  Beginn 7:00 <b>oder</b> 8:30 !	7:00 - 10:00 Mysore * Andrea / Alexandra  Beginn 7:00 <b>oder</b> 8:30 !	7:00 - 10:00 Mysore * Andrea / Astrid  Beginn 7:00 <b>oder</b> 8:30 !	7:00 - 10:00 Mysore * Andrea / Alexandra  Beginn 7:00 <b>oder</b> 8:30 !	8:15 - 9:45 Mysore Alexandra	9:00 - 9:45 Meditation & Pranayama * Andrea
	12 -13 * Led Class Half Primary Only on Zoom!! Cathrin				10 - 11:30 Mysore * Andrea	10:00-11:30 Led Class * Primary Series Andrea Live & Zoom!
	17:30 Meditation Cathrin *	17:30 Meditation Cathrin *				
Studio opens 18:00	Studio opens 18:00	Studio opens 18:00	Studio opens 18:00	Studio opens 18:00	<b>Workshop</b>	
18:30 -20:30 Mysore Marie  Begin bis 19:15	18:30 -20:30 Mysore * Cathrin  Begin bis 19:15	18:30- 20:00 Led Class * Cathrin  <b>Live &amp; Zoom!</b>	18:30 -20:30 Mysore Astrid  Begin bis 19:15	18:00 -20:00 Mysore Cathrin  Begin bis	15 - 17 Uhr <b>Core Strength</b> Cathrin	17:30 * Mysore Astrid

## week 42 18. -24. October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 10:00 Mysore * Cathrin  Beginn 7:00 <b>oder</b> 8:30 !	7:00 -10:00 Mysore * Andrea / Alexandra  Beginn 7:00 <b>oder</b> 8:30 !	○ <b>Vollmond</b> no class	7:00 - 10:00 Mysore * Andrea / Alexandra  Beginn 7:00 <b>oder</b> 8:30 !	7:00 - 10:00 Mysore * Andrea / Alexandra  Beginn 7:00 <b>oder</b> 8:30 !	8:15 - 9:45 Mysore Alexandra	9:15 - 9:45 Meditation * Cathrin
	12 -13 * Led Class Half Primary Only on Zoom!! Cathrin				10 - 11:30 Mysore * Cathrin	10:00-11:30 Led Class * Primary Series Cathrin Live & Zoom!
	17:30Meditation * Cathrin					
Studio opens 18:00	Studio opens 18:15	Studio opens 18:00	Studio opens 18:00	Studio opens 17:45	<b>Workshop</b>	17:30 * Mysore Cathrin
18:30 -20:30 Mysore Marie  Begin bis 19:15	18:30 -20:30 Mysore * Cathrin  Begin bis 19:15	18:30 * Moonpractice Andrea Live & Zoom!	18:30 -20:30 Mysore Astrid  Begin bis 19:15	18:00-20:00 Mysore Cathrin  Begin bis 19:15	15 - 17 Uhr <b>Handstands Workshop</b> Marie	

**week 43** 25. - 31. October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 10:00 Mysore * Cathrin/ Astrid  Beginn 7:00 <b>oder</b> 8:30 !	7:00 - 10:00 Mysore * Alexandra  Beginn 7:00 <b>oder</b> 8:30 !	7:00 - 10:00 Mysore * Cathrin/ Alexandra  Beginn 7:00 <b>oder</b> 8:30 !	7:00 - 10:00 Mysore * Astrid / Alexandra  Beginn 7:00 <b>oder</b> 8:30 !	7:00 - 10:00 Mysore * Cathrin/ Alexandra  Beginn 7:00 <b>oder</b> 8:30 !		
	12 -13 * <b>Led Class</b> <b>Half Primary</b> <b>Only on Zoom!!</b> Cathrin				8:15 – 9:45 Mysore Astrid	9:15 – 9:45 Meditation * Cathrin
	17:30Meditation * Cathrin	17:30Meditation * Cathrin				
18:30 –20:30 Mysore Marie  Begin bis 19:15	18:30 –20:30 Mysore * Cathrin  Begin bis 19:15	18:30- 20:00 <b>Led Class</b> * Cathrin  <b>Live &amp; Zoom!</b>	18:30 –20:30 Mysore Astrid  Begin bis 19:15	18:00-20:00 Mysore Cathrin  Begin bis19:15	15 - 17 Uhr <b>Drishti &amp; more</b> <b>Workshop</b> Astrid	17:30 * Mysore Astrid

**week 44** 1. - 7. November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 10:00 Mysore * Cathrin/Astrid  Beginn 7:00 <b>oder</b> 8:30 !	7:00 - 10:00 Mysore * Astrid  Beginn 7:00 <b>oder</b> 8:30 !	7:00 - 10:00 Mysore * Cathrin/Astrid  Beginn 7:00 <b>oder</b> 8:30 !	● <b>new moon</b> <i>no class</i>	7:00 - 10:00 Mysore * Cathrin  Beginn 7:00 <b>oder</b> 8:30 !		
	12 -13 * <b>Led Class</b> <b>Half Primary</b> <b>Only on Zoom!!</b> Cathrin				8:15 – 9:45 Mysore Astrid	9:15 – 9:45 Meditation * Cathrin
	17:30Meditation * Cathrin	17:30Meditation * Cathrin				
18:30 –20:30 Mysore Marie  Begin bis 19:15	18:30 –20:30 Mysore * Cathrin  Begin bis 19:15	18:30- 20:00 <b>Led Class</b> * Cathrin  <b>Live &amp; Zoom!</b>	18:30 * Moonpractice Marie  <b>Live &amp; Zoom!</b>	18:00-20:00 Mysore Astrid  Begin bis19:15		17:30 * Mysore Cathrin