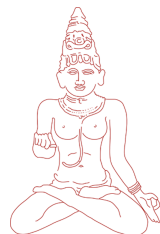


# Oktober 2025

Wenn ihr zum ersten Mal zum Studio kommt, bitte vorab eine Mail an uns schreiben:

If you come for the first time to the Studio, please write us an E-mail before.

[info@ashtangastudio.de](mailto:info@ashtangastudio.de)



## Woche 41 6. - 12. Oktober

| Montag                                                 | Dienstag                                                                                             | Mittwoch                                                 | Donnerstag                                              | Freitag                                                | Samstag                           | Sonntag                                                           |
|--------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------|-----------------------------------|-------------------------------------------------------------------|
| 7 - 10<br>Mysore<br>Cathrin<br><br>Beginn bis 8:30     | <br><b>Vollmond</b> | 7 - 10<br>Mysore<br>Cathrin<br><br>Beginn bis 8:30       | 7 - 10<br>Mysore<br>Astrid<br><br>Beginn bis 8:30       | 7 - 10<br>Mysore<br>Cathrin<br><br>Beginn bis 8:30     |                                   |                                                                   |
|                                                        |                                                                                                      |                                                          |                                                         |                                                        | 8:15<br>Selfpractice              | 9:15 - 9:45<br>Meditation<br><b>Live &amp; Zoom!</b>              |
|                                                        |                                                                                                      |                                                          |                                                         |                                                        | 10:00<br>Mysore<br>Cathrin/ Marie | 10:00<br><b>Led Class *</b><br>Cathrin<br><b>Live &amp; Zoom!</b> |
|                                                        |                                                                                                      |                                                          | 12:00 - 13:30<br>Mysore<br>Cathrin<br>Begin bis 12:30   |                                                        |                                   |                                                                   |
|                                                        | 17:30 - 17:50<br>Meditation<br><b>Live &amp; Zoom!</b>                                               | 17:30 - 17:50<br>Meditation<br><b>Live &amp; Zoom!</b>   |                                                         |                                                        |                                   |                                                                   |
| Studio opens 18:00                                     | Studio opens 18:00                                                                                   | Studio opens 18:00                                       | Studio opens 18:00                                      | Studio opens 18:00                                     |                                   |                                                                   |
| 18:15 -20:15<br>Mysore<br>Viola<br><br>Begin bis 19:00 | 18:30 -20:00<br><b>Moonpractice</b><br>Cathrin<br><br><b>Live &amp; Zoom!</b>                        | 18:15 -20:15<br>Mysore<br>Cathrin<br><br>Begin bis 19:00 | 18:15 -20:15<br>Mysore<br>Astrid<br><br>Begin bis 19:00 | 18:15 -20:15<br>Mysore<br>Marie<br><br>Begin bis 19:00 |                                   |                                                                   |

## Woche 42 13. - 19. Oktober

| Montag                                                 | Dienstag                                                 | Mittwoch                                                 | Donnerstag                                              | Freitag                                                | Samstag                           | Sonntag                                                           |
|--------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------|-----------------------------------|-------------------------------------------------------------------|
| 7 - 10<br>Mysore<br>Astrid<br><br>Beginn bis 8:30      | 7 - 10<br>Mysore<br>Astrid<br><br>Beginn bis 8:30        | 7 - 10<br>Mysore<br>Viola<br><br>Beginn bis 8:30         | 7 - 10<br>Mysore<br>Cathrin<br><br>Beginn bis 8:30      | 7 - 10<br>Mysore<br>Cathrin<br><br>Beginn bis 8:30     |                                   |                                                                   |
|                                                        |                                                          |                                                          |                                                         |                                                        | 8:15<br>Selfpractice              | 9:15 - 9:45<br>Meditation<br><b>Live &amp; Zoom!</b>              |
|                                                        |                                                          |                                                          |                                                         |                                                        | 10:00<br>Mysore<br>Cathrin/Astrid | 10:00<br><b>Led Class *</b><br>Cathrin<br><b>Live &amp; Zoom!</b> |
|                                                        | 12:00 - 13:30<br>Mysore<br>Cathrin<br>Begin bis 12:30    |                                                          | 12:00 - 13:30<br>Mysore<br>Viola<br>Begin bis 12:30     |                                                        |                                   |                                                                   |
|                                                        |                                                          |                                                          |                                                         |                                                        |                                   |                                                                   |
|                                                        | 17:30 - 17:50<br>Meditation<br><b>Live &amp; Zoom!</b>   | 17:30 - 17:50<br>Meditation<br><b>Live &amp; Zoom!</b>   |                                                         |                                                        |                                   |                                                                   |
| Studio opens 18:00                                     | Studio opens 18:00                                       | Studio opens 18:00                                       | Studio opens 18:00                                      | Studio opens 18:00                                     |                                   |                                                                   |
| 18:15 -20:15<br>Mysore<br>Viola<br><br>Begin bis 19:00 | 18:15 -20:15<br>Mysore<br>Cathrin<br><br>Begin bis 19:00 | 18:15 -20:15<br>Mysore<br>Cathrin<br><br>Begin bis 19:00 | 18:15 -20:15<br>Mysore<br>Astrid<br><br>Begin bis 19:00 | 18:15 -20:15<br>Mysore<br>Marie<br><br>Begin bis 19:00 |                                   |                                                                   |

**Woche 43** 20. - 26. Oktober

| Montag                                              | Dienstag                                                                                      | Mittwoch                                               | Donnerstag                                            | Freitag                                      | Samstag                          | Sonntag                                                           |
|-----------------------------------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------|----------------------------------------------|----------------------------------|-------------------------------------------------------------------|
| 7 - 10<br>Mysore<br>Astrid<br>Beginn bis 8:30       | <br>New moon | 7 - 10<br>Mysore<br>Astrid<br>Beginn bis 8:30          | 7 - 10<br>Mysore<br>Cathrin<br>Beginn bis 8:30        | 7 - 10<br>Mysore<br>Viola<br>Beginn bis 8:30 |                                  |                                                                   |
|                                                     |                                                                                               |                                                        |                                                       |                                              | 8:15<br>Selfpractice             | 9:15 - 9:45<br>Meditation<br><b>Live &amp; Zoom!</b>              |
|                                                     |                                                                                               |                                                        |                                                       |                                              | 10:00<br>Mysore<br>Cathrin/Viola | 10:00<br><b>Led Class *</b><br>Cathrin<br><b>Live &amp; Zoom!</b> |
|                                                     |                                                                                               |                                                        | 12:00 - 13:30<br>Mysore<br>Viola<br>Beginn bis 12:30  |                                              |                                  |                                                                   |
|                                                     |                                                                                               | 17:30 - 17:50<br>Meditation<br><b>Live &amp; Zoom!</b> |                                                       |                                              |                                  |                                                                   |
| <i>Studio opens 18:00</i>                           | <i>Studio opens 18:00</i>                                                                     | <i>Studio opens 18:00</i>                              | <i>Studio opens 18:00</i>                             | <i>Studio opens 18:00</i>                    |                                  |                                                                   |
| 18:15 -20:15<br>Mysore<br>Viola<br>Beginn bis 19:00 | 18:30 -20:00<br>Moonpractice<br>Yin Yoga<br>Viola<br><b>Live &amp; Zoom!</b>                  | 18:15 -20:15<br>Mysore<br>Cathrin<br>Beginn bis 19:00  | 18:15 -20:15<br>Mysore<br>Cathrin<br>Beginn bis 19:00 |                                              |                                  |                                                                   |

**Woche 44** 27. - 2. November

| Montag                                              | Dienstag                                               | Mittwoch                                               | Donnerstag                                           | Freitag                                              | Samstag                           | Sonntag                                                           |
|-----------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|-----------------------------------|-------------------------------------------------------------------|
| 7 - 10<br>Mysore<br>Astrid<br>Beginn bis 8:30       | 7 - 10<br>Mysore<br>Astrid<br>Beginn bis 8:30          | 7 - 10<br>Mysore<br>Viola<br>Beginn bis 8:30           | 7 - 10<br>Mysore<br>Cathrin<br>Beginn bis 8:30       | 7 - 10<br>Mysore<br>Cathrin<br>Beginn bis 8:30       |                                   |                                                                   |
|                                                     |                                                        |                                                        |                                                      |                                                      | 8:15<br>Selfpractice              | 9:15 - 9:45<br>Meditation<br><b>Live &amp; Zoom!</b>              |
|                                                     | 12:00 - 13:30<br>Mysore<br>Cathrin<br>Beginn bis 12:30 |                                                        | 12:00 - 13:30<br>Mysore<br>Viola<br>Beginn bis 12:30 |                                                      | 10:00<br>Mysore<br>Cathrin/Astrid | 10:00<br><b>Led Class *</b><br>Cathrin<br><b>Live &amp; Zoom!</b> |
|                                                     |                                                        |                                                        |                                                      |                                                      |                                   |                                                                   |
|                                                     | 17:30 - 17:50<br>Meditation<br><b>Live &amp; Zoom!</b> | 17:30 - 17:50<br>Meditation<br><b>Live &amp; Zoom!</b> |                                                      |                                                      |                                   |                                                                   |
| <i>Studio opens 18:00</i>                           | <i>Studio opens 18:00</i>                              | <i>Studio opens 18:00</i>                              | <i>Studio opens 18:00</i>                            | <i>Studio opens 18:00</i>                            |                                   |                                                                   |
| 18:15 -20:15<br>Mysore<br>Viola<br>Beginn bis 19:00 | 18:15 -20:15<br>Mysore<br>Cathrin<br>Beginn bis 19:00  | 18:15 -20:15<br>Mysore<br>Cathrin<br>Beginn bis 19:00  | 18:15 -20:15<br>Mysore<br>Astrid<br>Beginn bis 19:00 | 18:15 -20:15<br>Mysore<br>Astrid<br>Beginn bis 19:00 |                                   |                                                                   |

