

## Monday

Ashtanga Mysore ** <i>Room 1 (all levels)</i>	06:15 - 08:45
Yin Yoga <i>Room 1 (all levels) Sammy</i>	09:30 - 11:00
Vinyasa Yoga <i>Room 1 (all levels) Tobias</i>	18:30 - 19:45
Prana Vinyasa Flow <i>Room 2 (intermediate) Sammy</i>	19:00 - 20:30
Introduction to Vinyasa Yoga <i>Room 1 Jill 4 week class from 7.-28.01. 4.-25.02. 4.-25.03. 60 € as a package drop in always possible</i>	20:00 - 21:15

## Tuesday

Ashtanga Mysore ** <i>Room 1 (all levels)</i>	06:15 - 08:45
Vinyasa Yoga <i>Room 1 (all levels) Jutta</i>	09:30 - 11:00
Ashtanga Mysore ** <i>Room 2 Introduction for beginners + regular Mysore style</i>	18:00 - 19:30
Jivamukti Yoga <i>Room 2 (all levels) Sylvie</i>	18:15 - 19:45
Hatha Flow <i>Room 1 (all levels welcome) Lara / Katharina</i>	19:45 - 21:15
Vinyasa Yoga <i>Room 1 (all levels) Sammy</i>	20:00 - 21:30

## Wednesday



Ashtanga Mysore ** <i>Room 1 (all level)</i>	06:15 - 08:45
Hatha Yoga <i>Room 1 (all levels) Dagmar</i>	10:00 - 11:30
Hatha Flow <i>Room 1 (all levels) Lara</i>	18:15 - 19:45
Vinyasa Yoga for beginners <i>Vinyasa Yoga for beginners Tobi</i>	18:30 - 19:45
Vinyasa Yoga <i>Room 1 (all levels) Lara</i>	20:00 - 21:30
Kundalini Yoga <i>Room 2 (alle Levels) Yves</i>	20:00 - 21:30

## Thursday

Ashtanga Mysore ** <i>Room 1 (all levels)</i>	06:15 - 08:45
Vinyasa Yoga <i>Room 1 (intermediate) Jutta</i>	09:30 - 11:00
Ashtanga Mysore ** <i>Room 2 (beginners welcome)</i>	18:15 - 19:45
Yin & Yang Yoga <i>Room 1 (all levels) Sammy</i>	19:00 - 21:00
Hatha Yoga and Pranayama <i>Room 2 (all levels) Simon</i>	20:00 - 21:30

## Friday

Ashtanga Led Class <i>Room 1 (only for regular Ashtanga students)</i>	06:30 - 08:00
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Vinyasa Yoga <i>Room 1 (all levels) Sammy</i>	09:30 - 11:00
Hatha Flow <i>Room 1 (all levels welcome) Kristina / Sylvie</i>	17:45 - 19:00
Meditation** <i>Kadampa Meditation centre, costs 7 € www.meditation-in-frankfurt.de **please check dates on website</i>	18:00 - 18:45

## Saturday

Jivamukti Yoga <i>Room 1 (all levels) Eva, Angelika, Schalk a.o.</i>	10:30 - 12:00
Vinyasa Yoga <i>Room 1 (all levels) Elena/ Lara</i>	12:30 - 14:00

## Sunday

Ashtanga Mysore ** <i>Room 1 (all levels)</i>	08:00 - 10:30
Ashtanga Led Class <i>Room 2 (beginners) Berna</i>	11:00 - 12:30
Vinyasa Yoga <i>Room 1 (all levels) Lara</i>	12:30 - 14:00
Workshops / Specials <i>Room 1 on selective occasions (check out workshop section)</i>	14:15 - 16:15
Ashtanga Mysore ** <i>Room 1 (Beginners welcome)</i>	16:45 - 18:15