

Course schedule Ashtanga

Monday

Ashtanga Mysore ** <i>Room 1 (all levels)</i>	06:15 - 08:45
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Tuesday

Ashtanga Mysore ** <i>Room 1 (all levels)</i>	06:15 - 08:45
Ashtanga Mysore ** <i>Room 2 Introduction for beginners & regular Mysore style</i>	18:00 - 19:30

Wednesday

Ashtanga Mysore ** <i>Room 1 (all levels)</i>	06:15 - 08:45
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Thursday

Ashtanga Mysore **	06:15 - 08:45
Ashtanga Mysore ** <i>Room 2 (all levels) Self-practice possible (from 17:45)</i>	18:00 - 19:30

Friday

Ashtanga Led Class <i>Room 1 (some knowledge of primary series required)</i>	06:30 - 08:00
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Saturday

Sunday

Ashtanga Mysore ** <i>Room 1 (all levels)</i>	08:00 - 10:30
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Ashtanga Led Class
Room 2 (Beginners)

11:00 - 12:30

Ashtanga Mysore **

16:45 - 18:15