

# k u r s p l a n

mo	di	mi	do	fr
			8-9 <b>vinyasa I</b> mona	
				15-16 <b>yoga für kids</b> emma
		17-18 <b>vinyasa I</b> milena		16.30-17.30 traumasensibles yoga milena
18-19 <b>vinyasa II</b> lydia	18-19 <b>slow flow</b> milena	18.30-19.30 <b>yin</b> milena		18-19 <b>yin</b> mona
	19.15-20 <b>soundbad</b> mona		19-20 <b>slow flow</b> florence/ marleen	19.15-19.45 wochenausklang 1x mtl.