

WINTER SCHEDULE YOGA SHALA

Horario de invierno YOGA SHALA

Dear Yogis and Yoginis! We offer our Yoga Shala this winter to you and our Yoga teachers to keep up your practice until we open again 1st of March 2018. Each class has a cost of 15,- €, to be paid directly to the teacher. Please make sure to sign up by calling or messaging the corresponding teacher directly, as the classes will NOT take place if there are no previous registrations: **Ariane (+34 672 04 88 39)**, **Caroline (+34 603 21 11 64)**, **Katharina (+49 179 521 93 54)**

Queridos Yoguis y Yoguinis! Este invierno os ofrecemos nuestra Shala para que podáis seguir con vuestra práctica hasta que abramos otra vez el 1 de marzo 2018. Cada clase cuesta 15,- € y se paga directamente al profesor. Es imprescindible apuntarse antes llamando o enviando un mensaje al profesor correspondiente, ya que las clases NO tendrán lugar si no hay alumnos apuntados: **Ariane (+34 672 04 88 39)**, **Caroline (+34 603 21 11 64)**, **Katharina (+49 179 521 93 54)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Yoga classes		9:00 - 10:30 h Morning Yoga Class with Ariane - medium levels - <i>except 26.12.2017 - 16.1.2018</i>	10:00 - 11:30 h Gentle Yoga with Katharina - all levels - <i>except 23.12. - 30.12.2017 and 9.1. - 4.2.2018</i>				10:30 - 12:00 h Morning Yoga Class with Ariane - medium levels - <i>except 26.12.2017 - 16.1.2018</i>
Afternoon activities		19:30 - 21:00 Hatha Bhakti Yoga with Caroline - all levels -	18:30 - 20:00 h Flowy Hatha Yoga with Katharina - beginners - <i>except 23.12. - 30.12.2017 and 9.1. - 4.2.2018</i>	18:00 - 19:30 h Evening Yoga Class with Ariane - medium levels - <i>except 26.12.2017 - 16.1.2018</i>			