

# YOGA CLASSES

## November & December 2020

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Morning  
Classes

8:30 - 9:45 h

**Soul Yoga**  
with Martín

- Beginner's level -

8:30 - 9:45 h

**Power Vinyasa**  
**Yoga**  
with Verónica

- All levels -

8:30 - 9:45 h

**Power Vinyasa**  
**Yoga**  
with Verónica

- All levels -

8:30 - 9:45 h

**Sweet Vinyasa &**  
**Meditation**  
with Verónica

- All levels -

16.11.2020  
30.11.2020  
14.12.2020

17:00 – 18:15 h  
**Yoga as Mindful**  
**Movement**

18:30 – 20:30 h  
**INNERDANCE**

both with Johanna

One class 20 €  
Both classes 30 €

Afternoon  
Classes

18:00 – 19:00 h

**Yoga Nidra**  
with Martín

- All levels -

18:00 – 19:00 h

**Sound Bath with**  
**Tibetan Bowls**  
with Verónica

- All levels -

17:00 – 18:15 h  
**Yin Yang Yoga**

- Beginner's level -

18:30 – 20:30 h  
**Conscious Connected**  
**Breathwork**

both with Clinton

One class 20 €  
Both classes 30 €