

YOGA CLASSES

December 2020 & January 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes	8:30 – 10:00 h Kundalini Yoga and Meditation with Isabel - All levels -		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 – 10:00 h Kundalini Yoga and Meditation with Isabel - 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 -
	only on: 28.12.2020 18:00 – 20:00 h INNERDANCE with Johanna					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 -