

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
6:30-8:30 Ashtanga Mysore (Alle Levels)	7:30-8:30 Prana Flow (Alle Levels)	6:30-8:30 Ashtanga Mysore (Alle Levels)	7:00-8:30 Ashtanga LED (Alle Levels)	7:30-8:30 Prana Flow (Alle Levels)		
9:00-10:30 Anusara (Alle Levels)	9:00-10:30 Jivamukti Basic	9:00-10:30 Medium (Jivamukti)	9:00-10:30 Vinyasa Flow Basic	9:00-10:30 Jivamukti Open	8:30-9:45 Extended Spiritual Warrior (Open)	8:30-9:45 Vinyasa Flow (Open)
10:45-12:15 Vinyasa Flow Basic	10:45-12:15 Vinyasa Open	10:45-12:15 Gentle (Sanft)	10:45-12:15 Medium/Open (Jivamukti)	10:45-12:15 Jivamukti Basic	10:00-11:30 Jivamukti Basic	10:00-11:30 Anusara (Alle Levels)
12:30-13:30 Jivamukti Spiritual Warrior (Open)		12:30-13:30 Jivamukti Spiritual Warrior (Open)		12:30-13:30 Jivamukti Spiritual Warrior (Open)	12:00-13:30 Medium (Vinyasa Flow)	12:00-13:30 Prana Flow (Alle Levels)
14:30-15:30 Kinder Yoga*, ** (8-11 Jahre)	14:00-15:30 Mami Baby Yoga**					
15:30-16:30 Kinder Yoga*, ** (4-7 Jahre)						
17:00-18:30 Yin & Yang Open	17:00-18:30 Jivamukti Basic	17:00-18:30 Anusara (Alle Levels)	17:00-18:30 Medium (Jivamukti)	17:00-18:30 Jivamukti Basic	17:00-18:30 Gentle (Sanft)	17:00-18:30 Vinyasa Open
18:40-20:10 Jivamukti Basic	18:40-20:10 Jivamukti Open	18:40-20:10 Medium (Jivamukti)	18:40-20:10 Jivamukti Basic	18:40-20:10 Vinyasa/Restorative (Alle Levels)		19:00-20:30 Yin LSD
20:15-21:45 Medium (Jivamukti)	20:15-21:45 Prana Flow (Alle Levels)	20:15-21:45 Prana Flow Inspired Basic	20:15-21:45 Prana Flow (Alle Levels)	20:15-21:45 Yin & Nidra*** (Alle Levels)		

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
17:00-18:00 Kinder Yoga*, ** (8-11 Jahre)						
18:00-19:00 Teens Yoga*, ** (12-15 Jahre)	18:40-20:10 Pränatal*, **	18:40-20:00 Kinderwunsch Yoga*, **	18:40-20:10 Pränatal*, **			

*Geschlossener Workshop mit Anmeldung **Nicht in Schulferien ***Jeden letzten Freitag im Monat

Bitte aktuelle Änderungen/Informationen beachten unter: www.yoga-am-engel.de | Anmeldung Workshops unter namaste@yoga-am-engel.de

YOGA am Engel GmbH

Prinzregentenstraße 78b
81675 München

t: +49 (0)89 55 29 73 74
f: +49 (0)89 55 29 73 75

e: namaste@yoga-am-engel.de
w: yoga-am-engel.de

