

ZOI YOGA

SCUOLA 2

2023

LUN	MAR	MER	GIO	VEN	SAB
9:00 - 10:00 Yoga Terapeutico	8:00 - 9:00 Programma Menopausa	8:45 - 9:45 Yoga Posturale	8:45 - 9:45 Yoga Posturale	8:00 - 9:00 Programma Menopausa	9:00 - 10:15 Hatha Yoga Base
10:30 - 11:30 Yoga Terapeutico	10:00 - 11:00 Yoga Terapeutico	10:30 - 11:30 Yoga Terapeutico	10:00 - 11:00 Yoga Terapeutico	9:15 - 10:15 Hatha Yoga Base	10:30 - 11:30 Yoga posturale
11:30 - 12:30 Yoga Terapeutico	11:00 - 12:00 Yoga Terapeutico	11:30 - 12:30 Yoga Terapeutico	11:00 - 12:00 Yoga Terapeutico	10:30 - 12:30 Yoga Terapeutico	11:45 - 12:45 Yoga posturale
12:45 - 13:45 Yoga posturale	12.45 - 13.45 Hatha Yoga Base	12:30 - 13:30 Yoga Terapeutico	12:00 - 13:00 Yoga Terapeutico	12:45 - 13:45 Hatha Yoga Base	13:00 - 14:00 Hatha Yoga Base
			13:00 - 14:00 Yoga Terapeutico		
15:00 - 16:00 Programma Fibromialgia	15:00 - 16:30 Yoga Posturale	15:00 - 16:00 Programma Fibromialgia	14:00 - 16:00 Stare bene in oncologia	15:00 - 16:00 Hatha Yoga Base	15:00 - 18.00 Yoga Terapeutico
17:00 - 18:30 Yoga Terapeutico	17:00 - 18:00 Programma Menopausa	16:45 - 17:45 Hatha Yoga Base	16:45 - 17:45 Yoga in gravidanza	17:00 - 18:00 Yoga posturale	
18:30 - 19:30 Yoga Terapeutico	18:15 - 19:30 Vinyasa Yoga	18:15 - 19:30 Hatha Yoga Base	18:15 - 19:45 Hatha Yoga Base	18:15 - 19:15 Yoga posturale avanzato	
19:30 - 20:30 Yoga Terapeutico	20:15 - 21:45 Hatha Yoga Base	20:00 - 21:00 Yoga Terapeutico	20:15 - 21:45 Hatha Yoga Base	19:30 - 21:00 Hatha Yoga Base	
20:30 - 21:30 Yoga Terapeutico		20:30 - 21:30 Yoga Terapeutico			

PER INFO E ISCRIZIONI

 ANNA 351 779 9067

LO STUDIO SI TROVA AD ARESE, IN VIA GIANNETTO MATTEI / PIAZZA DELLE MIMOSE