

MÅNDAG

06:00-09:30
Mysore (Ashtanga)
Programansvariga
David & Laruga

10:15-11:15
Hatha 2-3
Jonas Rådahl

12:00-13:00
Yin
Jonas Rådahl

12:00-13:00
Vinyasa
Kripa Patra

IN ENGLISH

16:15-17:15
Breathwork
Kia Agerhem
/Kripa Patra*

17:30-19:30
Mysore (Ashtanga)
Programansvariga
David & Laruga

17:30-18:45
Vinyasa
Nathalie Czarnecki

17:45-19:00
Yin
Mats Hedberg

TISDAG

06:00-09:30
Mysore (Ashtanga)
Programansvariga
David & Laruga

07:00-08:00
Vinyasa
Nathalie Czarnecki

10:00-11:15
Yin
Sandra Janson

12:00-13:00
PilatesYoga
Annika Begrer

12:00-13:00
Vinyasa
Josefin Strid

16:00-17:15
Hatha 2-3
Ratheesh Mani

IN ENGLISH

17:30-18:45
Hatha
Anna Linnea Hedelin

19:00-20:15
Yin
Anna Linnea Hedelin

ONSDAG

06:00-09:30
Mysore (Ashtanga)
Programansvariga
David & Laruga

07:00-08:15
Styrka & Smidighet
Sandra Janson

10:15-11:45
Hatha & Pranayama
Sandra Janson/
Guy Powiecki

12:00-13:00
Vinyasa
Kia Agerhem

16:00-17:15
Restorative & Reiki
Kia Agerhem

17:30-18:45
Vinyasa
Nathalie Czarnecki

17:30-19:30
Mysore (Ashtanga)
Programansvariga
David & Laruga

19:00-20:15
Yin
Ratheesh Mani

IN ENGLISH

TORSDAG

06:00-09:30
Mysore (Ashtanga)
Programansvariga
David & Laruga

07:00-08:00
Vinyasa
Kripa Patra

IN ENGLISH

10:15-11:30
Hatha
Sandra Janson

12:00-13:00
Yoga Core
Annika Berger

16:00-17:00
Yin
Sandra Lones

17:15-18:45
Vinyasa 2-3
Sandra Lones

19:00-20:00
Sound Journey
Pouran Djampour

FREDAG

06:00-09:30
Mysore (Ashtanga)
Programansvariga
David & Laruga

10:00-11:15
Yoga Core
Jonas Rådahl

12:00-13:00
Vinyasa
Jonas Rådahl

13:15-14:15
Hatha
Sandra Lones

15:15-16:45
Restorative
Sofia Hellströmer

16:00-18:00
Mysore (Ashtanga)
Programansvariga
David & Laruga

LÖRDAG

09:00-10:15
Hatha
Sofia Hertz

10:30-12:00
Vinyasa 2-3
Charlotte Fredriksson

12:30-13:30
Sound Journey
Pauline Reibell

14:00-15:30
Yin
Carina Schütt

SÖNDAG

09:00-10:40
Ledd Full Primary
(Ashtanga)
David Fredriksson

10:45-12:00
Ledd Halv Primary
(Ashtanga)
David Fredriksson

12:15-13:30
Hatha
Sofia Hellströmer/
Anna Linnea Hedelin*

13:45-15:00
Yin
Sofia Hellströmer/
Anna Linnea Hedelin*

*varanann vecka

YOGASHEMA 2024

Yogayama Östermalm

Gäller från 19/8 2024