

WEEKLY SCHEDULE.

MO

09.30- 10.45 GENTLE VINYASA/ FFELD
17.00- 17.45 YOGA FÜR KINDER/ FFELD*
18.00- 18.50 TEEN YOGA/ FFELD*
18.15- 19.15 YOGA FÜR SCHWANGERE/ WTHUR
19.00- 20.15 VINYASA FLOW/ FFELD
19.45- 21.00 YIN& YANG YOGA/ WTHUR

DI

18.15- 19.15 YOGA FÜR SCHWANGERE/ FFELD
19.45- 21.00 RELAX YOGA (YIN YOGA)/ FFELD
19.45- 20.45 SLOW DOWN& YOGA NIDRA/
FFELD*

MI

18.00- 19.00 CORE& RESTORE (YOGA)/ FFELD
19.15- 20.30 HATHA FLOW& YIN/ FFELD

DO

18.00- 19.15 YIN& YANG YOGA / FFELD
19.30- 20.45 HATHA FLOW& YIN/ WTHUR
19.45- 21.00 DYNAMIC HATHA FLOW/ FFELD

FR

19.00- 20.15 YIN YOGA& KLANG/ FFELD*

SA

09.30- 10.30 POSTNATAL YOGA/ WTHUR*
11.30- 12.45 HAPPY WEEKEND YOGA/ FFELD

SO



YOGAPLACE

WWW.YOGA-PLACE.COM

*GESCHLOSSENE KURSE ODER SPECIALS
(DATEN GEMASS AUSSCHREIBUNG)

WEITERES ANGEBOT: SPECIALS/ WORKSHOPS/
PERSONAL YOGA/ YOGA THERAPIE....

YOGAPLACE FRAUENFELD/ OSTSTRASSE 8A/
8500 FFELD

YOGAPLACE WINTERTHUR/ EICHGUTSTRASSE 12/
8400 WTHUR