



ASHTANGA YOGA GOLFE JUAN

Programme 2 juin - 22 juillet

Lundi / Monday	Mardi / Tuesday	Mercredi / Wednesday	Jeudi / Thursday	Vendredi / Friday	Samedi / Saturday	Dimanche / Sunday
8:30 - 10:00 Ashtanga 1 Gérald	8:30 - 9:30 Ashtanga Débutant Gérald	8:30 - 10:00 Ashtanga 2 Half Primary Series Gérald	8:30 - 10:15 Mysore Gérald	8:30 - 10:15 Ashtanga 3 Full Primary Series Gérald		
					10:30 - 12:00 Ashtanga Alignment All Levels Linda	10:30 - 12:15 Ashtanga 3 Full Primary Series Gérald
18:30 - 20:00 Ashtanga 1 Gérald	18:30 - 20:00 Ashtanga 2 Half Primary Series Gérald					18:30 - 19:45 Self-Nourishing Yoga All Levels Linda
			19:30 - 20:30 Intro Ashtanga Yoga 6 semaines Gérald			
		20:00 - 21:00 Yoga Breathing, Talk, Meditation *FREE Linda				

Reservation tél: 06 22 32 52 16  
[www.ashtangayogagolfejuan.fr](http://www.ashtangayogagolfejuan.fr)  
**English Français**