



ASHTANGA YOGA GOLFE JUAN

**Program 1 November - 17 December**

Lundi / Monday	Mardi / Tuesday	Mercredi / Wednesday	Jeudi / Thursday	Vendredi / Friday	Samedi / Saturday	Dimanche / Sunday
9:30 - 10:30 Gentle Morning Yoga All Levels Linda			9:30 - 11:15 Ashtanga Beginners & Mysore Linda			
					10:30 - 12:00 Ashtanga Alignment Level 2 Linda	
						18:30 - 19:45 Gentle Yoga Mix All Levels Linda
	18:30 - 20:00 Strong Vinayasa Level 2 Linda					
		20:00 - 21:00 Yoga Breathing, Talk, Meditation *FREE Linda				

**Reservation OBLIGATOIRE tél: 06 20 38 25 72**  
[www.ashtangayogagolfejuan.fr](http://www.ashtangayogagolfejuan.fr)

**Classes with Linda are in English**  
**Price: €15 per class or €40 for a Monday to Sunday Pass.**

**5 people maximum in person - also available through live streaming**