



ASHTANGA YOGA GOLFE JUAN

Program Janvier 2021

Lundi / Monday	Mardi / Tuesday	Mercredi / Wednesday	Jeudi / Thursday	Vendredi / Friday	Samedi / Saturday	Dimanche / Sunday
9:30 - 10:30 Gentle Morning Yoga All Levels Linda	8:00 - 9:45 Mysore Gérald	8:00 - 9:45 Ashtanga Guidé & Pranayama Gérald	9:00 - 10:00 Gentle Morning Yoga All Levels Linda	10:30 - 12:30 Sanskrit Guided Primary Series Gérald		
					10:30 - 12:00 Ashtanga Alignment Level 2 Linda	10:30 - 12:15 Ashtanga Guidé & Pranayama Gérald
					16:00 - 18:00 Sanskrit Guided Primary Series Gérald	18:30 - 19:45 Gentle Yoga Mix All Levels Linda
	18:30 - 20:00 Strong Vinayasa Level 2 Linda		18:00 - 19:00 Ashtanga Débutants Gérald			
		20:00 - 21:00 Yoga Breathing, Talk, Meditation *FREE online Linda	19:15 - 20:30 Ashtanga 2 -3 Gérald			

Reservation OBLIGATOIRE tél:O6 22 32 52 16 (FR), O6 20 38 25 72 (Eng)
www.ashtangayogagolfejuan.fr

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

3 people maximum in person - also available through live streaming