



ASHTANGA YOGA GOLFE JUAN

Lundi / Monday	Mardi / Tuesday	Mercredi / Wednesday	Jeudi / Thursday	Vendredi / Friday	Samedi / Saturday	Dimanche / Sunday
9:30 - 10:45 Gentle Morning Yoga** All Levels Linda		9:30 - 11:15 Mysore ** Gérald	9:30 - 10:30 Postural Yoga** All Levels Linda			
					10:00 - 11:30 Ashtanga Guidé & Pranayama** Level 1-2 Gérald	
	18:30 - 19:30 Yoga Débutants (FR) Élodie					

Reservation OBLIGATOIRE sms: 06 20 38 25 72 Linda, 06 22 32 52 16 Gérald, 06 03 40 87 44 Élodie
www.ashtangayogagolfejuan.fr

Cours avec/ Classes with Linda are in English
Price: €15 per class

7 people maximum in person

**also available through live streaming