



ASHTANGA YOGA GOLFE JUAN

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

Reservation OBLIGATOIRE sms:

Gérald: 06 22 32 52 16

Linda: 06 20 38 25 72

Lily: 06 01 77 08 49

Price: €15 per class

8 people maximum in person

**also available through live streaming