

MO

DI

MI

DO

FR-SO

SO

17:00h
HATHA
YOGA
maren
75min

18:30h
YIN YANG
YOGA
sabine
75min

20:00h
ENERGETIC
FLOW YOGA
nicolas
75min

19:30h
VINYASA
YOGA BASIC
nina
75min

21:00h
MEDITATION
nina
30min

07:30h
ENERGETIC
FLOW YOGA
nicolas
60min

19:00h
VINYASA
YOGA
MEDIUM
nina
75min

20:30h
YIN YOGA &
MEDITATION
nina
60min

19:45h
YOGA
FUSION
BELLYDANCE
(EN)
nia
90min

SPECIALS

- **WORK-SHOPS**
- **EVENTS**
- **RETREATS**
- **AUSBILD-UNGEN**

19:30h
YOGA
NIDRA
(EN)
sophie
30min



phoenix yoga