

|                |                 |
|----------------|-----------------|
| <b>maandag</b> | <b>GESLOTEN</b> |
|----------------|-----------------|

|                |               |
|----------------|---------------|
| <b>dinsdag</b> |               |
| 9.45-10.45     | HATHA YOGA    |
| 11.00-12.00    | D/STRESS YOGA |

|                 |                 |
|-----------------|-----------------|
| <b>woensdag</b> |                 |
| 9.45-10.45      | YOGALATES       |
| 11.00-12.00     | zachte YIN YOGA |

|                  |                 |
|------------------|-----------------|
| <b>donderdag</b> | <b>GESLOTEN</b> |
|------------------|-----------------|

|                |               |
|----------------|---------------|
| <b>vrijdag</b> |               |
| 9.45-10.45     | D/STRESS YOGA |
| 11.00-12.00    | YIN YOGA      |

|  |             |
|--|-------------|
|  | zachte yoga |
|  | basis yoga  |

|                 |           |
|-----------------|-----------|
| <b>zaterdag</b> |           |
| 10.15-11.15     | SOFT FLOW |

|               |               |
|---------------|---------------|
| <b>zondag</b> |               |
| 10.15-11.15   | RUGYOGA       |
| 11.30-12.30   | D/STRESS YOGA |

(basishoudingen vergen soms enige spierkracht en souplesse, we geven alternatieven maar bij enige kwetsuur of bewegingsbeperking raden we aan om de groene lesjes te volgen)

de YOGA STUDIO