



# Vor Ort Wiesbaden

X-MAS-PLAN – GÜLTIG AB 12. DEZ 22 BIS 13. JAN 23



## MONTAG

11.00 – 12.15 Hatha Yoga Soft | Alle Level  
17.00 – 18.00 Hatha Yoga | Level 1–2  
18.15 – 19.30 Yin Yoga | Alle Level |    
20.00 – 21.00 Vinyasa Yoga Basic | Level 1

## DIENSTAG

18.15 – 19.15 Core Yoga | Alle Level  
19.30 – 21.00 Vinyasa Yoga | Level 1–2

## MITTWOCH

09.00 – 10.00 Deep Flow Yoga | Level 1–2  
18.30 – 19.30 Vinyasa Yoga soft | Level 1  
20.00 – 21.00 Yin Yoga | Alle Level

## DONNERSTAG

09.30 – 10.45 Core Stretch | Level 1–2 **X-MAS PAUSE**  
17.30 – 18.30 Hormon Yoga | fester Kurs\*  
18.30 – 19.30 Yoga & Meditation | Alle Level  
20.00 – 21.00 Meditationskurs | fester Kurs\*

## FREITAG

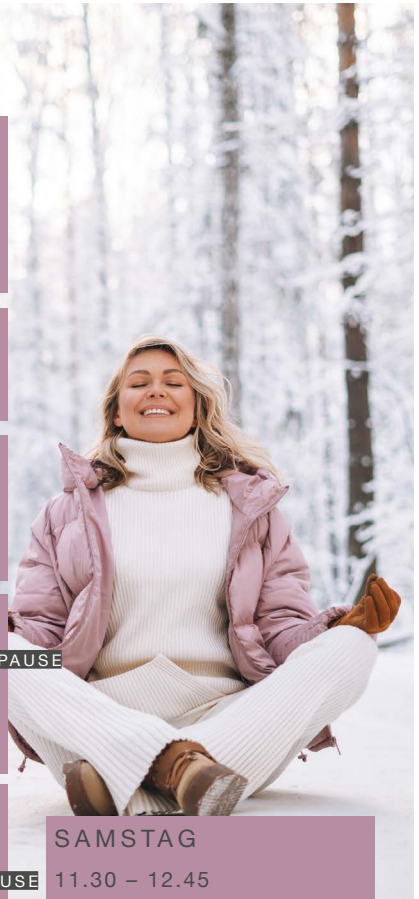
09.00 – 10.00 Hatha Yoga | Alle Level  
17.00 – 18.00 Core Yoga | Level 1–2 **X-MAS PAUSE**  
19.00 – 21.00 Specials & Events | s. Webseite

## SAMSTAG

11.30 – 12.45  
Vinyasa Yoga | Alle Level

## SONNTAG

18.00 – 19.00 **IN PLANUNG**  
Sunday Yoga | Level 1



LEVEL 1 Einstieg

LEVEL 1–2 Mittel / Intermediate

LEVEL 2 Fortgeschritten

\*geschlossene Kurse mit festen Laufzeiten

