

7:50 – 8:50
TAPAS 60
SATWIK | EN

9:30 – 10:30
GRND 60
URAI | EN

SEPTEMBER: ESZTER
17:30 – 18:30
TAPAS 60
SATWIK | EN

SEPTEMBER: ESZTER
9:30 – 10:30
TAPAS 60
URAI | EN

18:00 – 19:00
GRND 60
SATWIK | EN

19:20 – 20:45
CLEAR 75
KERSTIN | DE

7:50 – 8:50
GRND 60
URAI | EN

START SEPTEMBER
9:30 – 10:30
POSTNATAL 60
TAJA | DE & EN

SEPTEMBER: MICHAEL
18:00 – 19:00
GRND 60
URAI | EN

19:20 – 20:20
SOUND HEALING
FROSINA | EN

7:50 – 8:50
TAPAS 60
SATWIK | EN

9:30 – 10:30
GRND 60
URAI | EN

START SEPTEMBER
16:30 – 17:15
YF KIDS 5-8y
TAJA | DE & EN

17:30 – 18:30
TAPAS 60
SATWIK | EN

11:00 – 12:30
**ALIGNMENT
WORKSHOP**
URAI | EN

CYCLE & GROW

CLASS LANGUAGE: EN: English DE: Deutsch
All classes are suitable for yoga newcomers, too. It may take several classes to get familiar with the experience, but fear not, simply do what you can do. The teacher guides you, and you can always adjust your pace, for example by how deep you go into a pose, or by how tight you control your breathing. What counts is the intention and direction, not how far you can go today – or ever.

SUMMER SCHEDULE