



Yogashala Stockholm
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Priser Julen 2018

Klippkort 10ggr 2000 kr

Julkort 1000 kr

Drop-in 250 kr

Julschema Sofo 21 december-23 december 2018

				FREDAG 21/12	LÖRDAG 22/12	SÖNDAG 23/12
				08:00 -10:00 Mysore style Drop-in Britta	09:00-10.10 Ashtanga Yoga1 Ledd klass Drop-in Åsa	10:00-11.20 Ashtanga Yoga 2 Ledd klass Drop-in Hans
				12:00 - 13:10 Hatha Yoga1 Ledd klass Drop-in Britta		

Julschema SoFo 24-december - 30 december 2017

MÅNDAG 24/12	TISDAG 25/12	ONSDAG 26/12	TORSDAG 27/12	FREDAG 28/12	LÖRDAG 29/12	SÖNDAG 30/12
STÄNGT	Åsa öppnar/stän ger self prac tice 9-10.30	08:00 - 11:00 Ashtanga Yoga Mysore style Drop-in Paula	06:00 -09:00 Ashtanga Yoga Mysore style Drop-in Lisa	06:00 - 09:00 Ashtanga Yoga Mysore Style Drop-in Lisa	09:00-10.20 Ashtanga Yoga 2 Ledd klass Drop-in Natalja	08:00 - 11:00 Ashtanga Yoga Mysore style Drop-in Camilla
		12:00 - 13:10 Ashtanga 1 Ledd klass Drop-in Emma	12:00 - 13:10 Ashtanga 1 Ledd klass Drop-in Jon	12:00 - 13:10 Hatha Yoga 1 Ledd klass Drop-in Camilla		11:20 - 12:30 Yin Yoga 1 Ledd klass Drop-in Camilla
		18:00 - 19:10 Ashtanga 1 Ledd klass Drop-in Caroline	18:00 - 19:20 Ashtanga 2 Ledd klass Drop-in Paula			

Julschema Sofu 31 januari – 6 januari 2019

MÅNDAG 31/1	TISDAG 1/1	ONSDAG 2/1	TORSDAG 3/1	FREDAG 4/1	LÖRDAG 5/1	SÖNDAG 6/1
	Jon öppnar/stän ger self practice 9- 10.30	06:00 - 09:00 Ashtanga Yoga Mysore style Drop-in Camilla	06:00-09:00 Ashtanga Yoga Mysore style Drop-in Camilla	06.00-09.00 Ashtanga Yoga Mysore style Drop-in Camilla	09:00 – 10:20 Ashtanga Yoga 2 Ledd klass Drop-in Hans	MÅN-DAG
		12:00 – 13:10 Yin Yoga 1 Ledd klass Drop-in Camilla	12:00 – 13:10 Ashtanga Yoga1 Ledd klass Drop-in Natalja	12:00 – 13:10 Hatha Yoga1 Ledd klass Drop-in Cia		10:30 - 11:50 Ashtanga Yoga 2 Drop-in Kristel
	15.00-17.00 Nyårsdagsyoga till förmåna för V-Care Yin Yoga Temaklass Natalja					12:00 – 13:20 Hatha Yoga2 Ledd klass Drop-in Kristel
		18:00 - 19:10 Ashtanga Yoga 1 Ledd klass Drop-in Caroline	18:00 - 19:20 Ashtanga Yoga2 Ledd klass Drop-in Anki			

Julschema Sofo 7-januari - 13 januari 2019

MÅNDAG 7/1	TISDAG 8/1	ONSDAG 9/1	TORSDAG 10/1	FREDAG 11/1	LÖRDAG 12/1	SÖNDAG 13/1
06:30 - 10:00 Mysore style Drop-in Britta/ Camilla	06:30 - 10:00 Mysore style Drop-in Britta/ Camilla	06:30 - 10:00 Mysore style Drop-in Britta/ Camilla	06:30 -10:00 Mysore style Drop-in Britta/ Camilla	08:00 -10:00 Mysore style Drop-in Britta	08:00 - 10.00 Mysore style Drop-in Kristel	09:00 - 10:10 Ashtanga 1 Ledd klass Drop-in Natalja
					ÖPPET HUS 10.30-14.30 Prova-på klass 11.00-12.00	10:30 - 11:50 Yin 2 Ledd klass Drop-in Natalja
12:00 - 13:10 Hatha Yoga1 Ledd klass Drop-in Camilla	12:00 - 13:10 Ashtanga Yoga1 Ledd klass Drop-in Kristel	12:00 - 13:10 Yin Yoga Ledd klass Drop-in Britta	12:00 - 13:10 Ashtanga Yoga1 Ledd klass Drop-in Britta	12:00 - 13:10 Hatha Yoga1 Ledd klass Drop-in Britta		
17-18.30 Ashtanga Yoga Mysore style Drop-in Linda	18:00 - 19:20 AshtangaYoga2 Ledd klass Drop-in Maja	17-18.30 Ashtanga Yoga Mysore style Drop-in Linda	18:00 - 19:20 Yin 2 Ledd klass Drop-in Natalja			
						15:15 - 16:45 Hatha 3 Ledd klass Drop-in Britta

Yogashala Stockholm önskar er en God Jul och ett Gott Nytt år!