

YOGASHALA STOCKHOLM NYTORGET
Sommarschema 2021
Vecka 22

MÅNDAG 31/5	TISDAG 1/6	ONSDAG 2/6	TORSDAG 3/6	FREDAG 4/6	LÖRDAG 5/6	SÖNDAG 6/6
				06:30-07:45 Ashtanga Yoga Ledd klass 75 min Drop-in Sheila	09:00 – 10:30 Ashtanga Yoga 90 min Halv Ledd Primary Drop-in Caroline	Röd dag
	08.00 – 09.30 Ashtanga Yoga Mysorestyle Drop-in Kristel		08.00 – 09.30 Ashtanga Yoga Mysore style Drop-in Paula		11:00 – 12:15 Yin Yoga 75 min Ledd klass Drop in Åsa	
	12.00 – 13.00 Ashtanga Yoga 60 min Ledd klass Drop in Kristel Sänds online via Zoom	12.00 – 13.00 Yin Yoga 60 min Ledd klass Drop-in Carina	12:00 – 13:00 Ashtanga Yoga 60 min Ledd klass Drop-in Emma Sänds online via Zoom	12.00 – 13.00 Hatha Flow 60 min Ledd klass Drop-in Lise-Lott		
17:00– 18:15 Ashtanga Yoga Mysore style 75 min Drop in Cia Sänds online via Zoom	17:30 – 19:00 Yin Yoga 90 min Ledd klass Drop-in Siv Sänds online via Zoom	17:00 – 18:30 Ashtanga Yoga Mysore style 90 min Drop in Paula	17.30-18.45 Hatha Flow 75 min Ledd klass Drop-in Lise-Lott	17:00– 18:15 Yin Yoga 75 min Ledd klass Drop-in Siv Sänds online via Zoom		
18:30 – 19:45 Ashtanga Yoga Ledd klass 75 min Emma Sänds online via Zoom			19:00 - 20.00 Yin Yoga Prova-på 60 min Ledd klass Drop-in Siv			

Vecka 23

MÅNDAG 7/6	TISDAG 8/6	ONSDAG 9/6	TORSDAG 10/6	FREDAG 11/6	LÖRDAG 12/6	SÖNDAG 13/6
				06:30-07:45 Ashtanga Yoga Ledd klass 75 min Drop-in Sheila	09:00 – 10:30 Ashtanga Yoga 90 min Halv Ledd Primary Drop-in Caroline	09:00– 10:15 Ashtanga Yoga Ledd klass 75 min Drop in Jennifer Key
	08.00 – 09.30 Ashtanga Yoga Mysorestyle Drop-in Kristel		Mån-dag		11:00 – 12:15 Yin Yoga 75 min Ledd klass Drop in Åsa	11.00 – 12.15 Hatha Flow 75 min Ledd klass Drop-in Therese Sänds online via Zoom
	12.00 – 13.00 Ashtanga Yoga 60 min Ledd klass Drop in Kristel Sänds online via Zoom	12.00 – 13.00 Yin Yoga 60 min Ledd klass Drop-in Carina	12:00 – 13:00 Ashtanga Yoga 60 min Ledd klass Drop-in Emma Sänds online via Zoom	12.00 – 13.00 Hatha Flow 60 min Ledd klass Drop-in Lise-Lott		
17:00– 18:15 Ashtanga Yoga Mysore style 75 min Drop in Cia Sänds online via Zoom	17:30 – 19:00 Yin Yoga 90 min Ledd klass Drop-in Siv Sänds online via Zoom	17:00 – 18:30 Ashtanga Yoga Mysore style 90 min Drop in Paula	17.30-18.45 Hatha Flow 75 min Ledd klass Drop-in Lise-Lott	17:00– 18:15 Yin Yoga 75 min Ledd klass Drop-in Siv Sänds online via Zoom		
18:30 – 19:45 Ashtanga Yoga Ledd klass 75 min Emma Sänds online via Zoom		18:45 - 19.45 Yin Yoga Prova-på 60 min Ledd klass Drop-in Siv				18:00 – 19:15 Yin Yoga 75 min Ledd klass Drop-in Siv Sänds online via Zoom

Vecka 24

MÅNDAG 14/6	TISDAG 15/6	ONSDAG 16/6	TORSDAG 17/6	FREDAG 18/6	LÖRDAG 19/6	SÖNDAG 20/6
				06:30-07:45 Ashtanga Yoga Ledd klass 75 min Drop-in Sheila	09:00 – 10:30 Ashtanga Yoga 90 min Halv Ledd Primary Drop-in Caroline	
	08.00 – 09.30 Ashtanga Yoga Mysorestyle Drop-in Paula		08.00 – 09.30 Ashtanga Yoga Mysore style Drop-in Kristel		11:00 – 12:15 Yin Yoga 75 min Ledd klass Drop in Åsa	11.00 – 12.15 Hatha Flow 75 min Ledd klass Drop-in Therese Sänds online via Zoom
	12.00 – 13.00 Ashtanga Yoga 60 min Ledd klass Drop in Sheila Sänds online via Zoom	12.00 – 13.00 Yin Yoga 60 min Ledd klass Drop-in Carina	12:00 – 13:00 Ashtanga Yoga 60 min Ledd klass Drop-in Emma Sänds online via Zoom	12.00 – 13.00 Hatha Flow 60 min Ledd klass Drop-in Lise-Lott		
17:00– 18:15 Ashtanga Yoga Mysore style 75 min Drop in Cia Sänds online via Zoom	17:30 – 19:00 Yin Yoga 90 min Ledd klass Drop-in Siv Sänds online via Zoom	17:00 – 18:30 Ashtanga Yoga Mysore style 90 min Drop in Paula	17.30-18.45 Hatha Flow 75 min Ledd klass Drop-in Lise-Lott	Yinyoga helg workshop 17 - 18.30 Siv	Yinyoga helg workshop 13-15 Siv	Yinyoga helg workshop 13 - 15 Siv
18:30 – 19:45 Ashtanga Yoga Ledd klass 75 min Emma Sänds online via Zoom		18:45 - 19.45 Yin Yoga Prova-på 60 min Ledd klass Drop-in Siv				18:00 – 19:15 Yin Yoga 75 min Ledd klass Drop-in Siv Sänds online via Zoom

Vecka 25

MÅNDAG 21/6	TISDAG 22/6	ONSDAG 23/6	TORSDAG 24/6	FREDAG 25/6	LÖRDAG 26/6	SÖNDAG 27/6
				Midsommar afton	Midsomm ardagen	
	08.00 – 09.30 Ashtanga Yoga Mysorestyle Drop-in Kristel		Mån-dag			11.00 – 12.15 Hatha Flow 75 min Ledd klass Drop-in Therese Sänds online via Zoom
	12.00 – 13.00 Ashtanga Yoga 60 min Ledd klass Drop in Kristel Sänds online via Zoom	12.00 – 13.00 Yin Yoga 60 min Ledd klass Drop-in Carina	12:00 – 13:00 Ashtanga Yoga 60 min Ledd klass Drop-in Emma Sänds online via Zoom			
17:00– 18:15 Ashtanga Yoga Mysore style 75 min Drop in Cia Sänds online via Zoom	17:30 – 19:00 Yin Yoga 90 min Ledd klass Drop-in Siv Sänds online via Zoom	17:00 – 18:30 Ashtanga Yoga Mysore style 90 min Drop in Caroline				
18:30 – 19:45 Ashtanga Yoga Ledd klass 75 min Emma Sänds online via Zoom						18:00 – 19:15 Yin Yoga 75 min Ledd klass Drop-in Siv Sänds online via Zoom

Vecka 32

MÅNDAG 9/8	TISDAG 10/8	ONSDAG 11/8	TORSDAG 12/8	FREDAG 13/8	LÖRDAG 14/8	SÖNDAG 15/8
					09:00 – 10:30 Ashtanga Yoga 90 min Halv Ledd Primary Drop-in Emma	09:00– 10:15 Ashtanga Yoga Ledd klass 75 min Drop in Lena
					11:00 – 12:15 Yin Yoga 75 min Ledd klass Drop in Åsa	11.00 – 12.15 Hatha Flow 75 min Ledd klass Drop-in Therese Sänds online via Zoom
	12:00 – 13:00 Ashtanga Yoga 60 min Ledd klass Drop-in Paula	12:00 – 13:00 Yin Yoga Prova-på 60 min Ledd klass Drop-in Siv Sänds online via Zoom	12:00 – 13:00 Ashtanga Yoga 60 min Ledd klass Drop-in Emma Sänds online via Zoom	12.00 – 13.00 Hatha Flow 60 min Ledd klass Drop-in Lise-Lott		
17:00– 18:15 Ashtanga Yoga Mysore style 75 min Drop in Cia Sänds online via Zoom	17:30 – 19:00 Yin Yoga 90 min Ledd klass Drop-in Siv Sänds online via Zoom	17:00 – 18:30 Ashtanga Yoga Mysore style 90 min Drop in Paula	17.30-18.45 Hatha Flow 75 min Ledd klass Drop-in Lise-Lott	17:00– 18:15 Yin Yoga 75 min Ledd klass Drop-in Lise-Lott		
18:30 – 20:00 Ashtanga Yoga 90 min Halv Ledd Primary Emma Sänds online via Zoom		18:45 - 20.00 Ashtanga Yoga Ledd klass 75 min Drop in Paula	19:00 – 20:00 Ashtanga Yoga Prova-på Johannes			

Vecka 33

MÅNDAG 16/8	TISDAG 17/8	ONSDAG 18/8	TORSDAG 19/8	FREDAG 20/8	LÖRDAG 21/8	SÖNDAG 22/8
					09:00 – 10:30 Ashtanga Yoga 90 min Halv Ledd Primary Drop-in Emma	09:00– 10:15 Ashtanga Yoga Ledd klass 75 min Drop in Jennifer
					11:00 – 12:15 Yin Yoga 75 min Ledd klass Drop in Åsa	11.00 – 12.15 Hatha Flow 75 min Ledd klass Drop-in Therese Sänds online via Zoom
	12.00 – 13.00 Ashtanga Yoga 60 min Ledd klass Drop in Jennifer		12:00 – 13:00 Ashtanga Yoga 60 min Ledd klass Drop-in Emma Sänds online via Zoom	12.00 – 13.00 Hatha Flow 60 min Ledd klass Drop-in Lise-Lott		
17:00– 18:15 Ashtanga Yoga Mysore style 75 min Drop in Cia Sänds online via Zoom	17:30 – 19:00 Yin Yoga 90 min Ledd klass Drop-in Åsa	17:00 – 18:30 Ashtanga Yoga Mysore style 90 min Drop in Paula	17.30-18.45 Hatha Flow 75 min Ledd klass Drop-in Lise-Lott	Fortsättnin gs intensiv 18-20 Kristel	Fortsätt nings intensiv 13-15 Kristel	Fortsättning sintensiv 13-15 Kristel
18:30 – 20:00 Ashtanga Yoga 90 min Halv Ledd Primary Emma Sänds online via Zoom		18:45 - 20.00 Ashtanga Yoga Ledd klass 75 min Drop in Paula	19:00 – 20:00 Ashtanga Yoga Prova-på Johannes			