

Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
	07:15-08:15 Yoga för Stela Män <i>Rosanna Lindmarker</i>	10:00-11:15 Flow & Restore (In English) <i>Rosanna Lindmarker</i>	10:30-11:30 Yogalates <i>Helena Stenberg</i>		09:00-10:15 Slow Flow <i>Rosanna Lindmarker</i>	
12:00-13:00 Yogalates <i>Helena Stenberg</i>	12:00-12:45 100% Nidra <i>Fredrik Binette</i>	12:00-13:00 Medicinsk Yoga - ManaYoga® <i>Madeleine Wilhelmsson</i>	12:00-13:00 YinYoga (In English) <i>Belle Lestapier Isoz</i>	12:00-13:15 Restorative Yoga <i>Anna Ahlgren</i>	Workshops	Workshops
13:15-14:15 YinYoga <i>Anna Ahlgren</i>			13:15-14:15 Breathwork & Nidra <i>Fredrik Binette</i>			
16:30-17:30 Tonårsyoga <i>Rosanna Lindmarker</i>				15:30-16:45 After Work Yoga <i>Anders Östman</i>		16:45-17:45 Strong Flow <i>Angelica Herrera</i>
18:00-19:15 Medicinsk Yoga - ManaYoga® <i>Madeleine Wilhelmsson</i>	17:30-19:00 Reiki Yoga <i>Matilde Wergeland</i>	17:30-18:45 MediYoga® - Grundkurs <i>Ulf Wallgren</i>	17:30-18:45 Soft Hatha & Meditation (In English) <i>Kripa Patra Rode</i>			18:00-19:30 YinYoga <i>Rosanna Lindmarker</i>
19:45-21:00 Medicinsk Yoga - ManaYoga® <i>Madeleine Wilhelmsson</i>	19:15-20:45 Restorative Yoga <i>Sarah Jonsson</i>	19:00-20:30 Kundalini Yoga (In English) <i>Belle Lestapier Isoz</i>	19:15-20:30 Crystal Sound Healing (In English) <i>Ayana Etara</i>			

Danderydsgatan 2

Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
18:00-19:00 Yogalates <i>Helena Stenberg</i>	18:00-19:30 Strålande Kvinna <i>Alexandra Löqvist</i>	18:00-19:15 Strong Flow <i>Angelica Herrera</i>	18:00-19:15 Gravidyoga <i>Malin Lemchen</i>			