

ALL CLASSES IN ENGLISH

M

T

W

T

F

S

S

**Yoga
Folks**

07.00-08.00
**AWAKE IN THE SUN
LAMPS**
Karolina

07.00-08.00
AWAKE YOGA
Sheila

07.00-08.00
AWAKE YOGA
Emma Clara

07.00-08.00
AWAKE YOGA
Filippa

07.00-08.00
**TRADITIONAL
HATHA YOGA**
Sudheesh

08.30-09.30
LIGHT THERAPY*

08.30-09.30
LIGHT THERAPY*

08.30-09.30
LIGHT THERAPY*

09.00-09.45
LIGHT THERAPY*

10.00-11.00
**MOVE IT
MAMAS & PAPAS**
Filippa

10.00-11.00
VINYASA YOGA
Shay

10.00-11.00
**SOFT FLOW &
MEDITATION**
Shay

10.15-11.30
SELF CARE YOGA*
Charlene / Moira

10.15-11.30
VINYASA YOGA*
Lily

12.00-13.00
HATHA FLOW
Sandra

12.00-12.45
SWEATY YOGALATES
Filippa

12.00-12.45
VINYASA YOGA
Josephin

12.00-12.45
YIN YOGA
Elinor

12.00-12.45
VINYASA YOGA
Isabell

12.00-13.30
STRONG FLOW
Mattias

12.00-13.30
**ASTROLOGY
RESTORATIVE
YOGA**
Ann-Cathrin

13.30-14.30
LIGHT THERAPY*

13.30-14.30
LIGHT THERAPY*

13.30-14.30
LIGHT THERAPY*

14.00-15.00
LIGHT THERAPY*

15.30-16.30
LIGHT THERAPY*

15.15-16.15
LIGHT THERAPY*

15.30-17.00
**SOUND
JOURNEY**
Once a month
Paulina

17.00-18.00
SLOW FLOW YOGA
Isabell

16.45-17.45
**MEDITATION
CIRCLE**
Isabell

17.00-18.00
**SOMATIC
BREATHWORK**
Filippa

16.30-17.30
SOFT VINYASA
Elinor

16.30-17.30
**VINYASA IN THE
SUN LAMPS***
Jenny

WORKSHOPS
Check website for
happenings

18.15-19.30
**SOMATIC
VINYASA YOGA**
Isabell

18.00-19.30
ROCKET VINYASA
Micke

18.15-19.30
**VINYASA IN THE
SUN LAMPS**
Sudheesh

17.45-19.15
THE BLOW OUT
Viktor

EVENTS
Check website for
happenings

18.15-19.15
DONATION YOGA
Teacher Graduates

19.45-21.00
**YIN &
YOGA NIDRA**
Anna

20.00-21.00
**YIN YOGA
INFRARED LAMPS**
Jenny

19.45-21.00
SOUND HEALING
Cinna

19.30-20.45
**AROMA THERAPY
RESTORATIVE YOGA**
Ann-Cathrin

19.30-20.45
EMBODIED YIN
Ai

☪️ **FROM AUGUST 25TH TO DECEMBER 21ST** ☪️

* no class week 36, 39, 43, 46, 48, 50
* Light therapy starts October 1



YOGA



WORK-OUT COMBO



RELAXATION



EXPERIENCE



LIGHT THERAPY

Classes and events can be added as we go, check the website for updated timings and happenings.