


ALL CLASSES IN ENGLISH

M	T	W	T	F	S	S
07.00-08.00 AWAKE IN THE SUNLAMPS Karolina	07.00-08.00 AWAKE Sheila	07.00-08.00 AWAKE Mattias	07.00-08.00 AWAKE Ella	07.00-08.00 TRADITIONAL HATHA YOGA Sudheesh		
		08.30-09.30 LIGHT THERAPY		08.30-09.30 LIGHT THERAPY		
			10.00-11.00 VINYASA YOGA Shay	10.00-11.00 SOFT FLOW & MEDITATION Shay	10.15-11.30 SELF CARE YOGA Rut-Malin/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 SLOW FLOW YOGA Ai	12.00-12.45 VINYASA YOGA Julia	12.00-13.30 STRONG FLOW YOGA Karolina	12.00-13.30 ASTROLOGY RESTORATIVE YOGA Ann-Cathrin
	12.45-13.00 MEDITATION	12.45-13.00 MEDITATION	12.45-13.00 MEDITATION	12.45-13.00 MEDITATION		
	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					WORKSHOP/ EVENTS Check website for happenings	15.30-17.00 SOUND JOURNEY <i>Once a month</i> Paulina
17.00-18.00 FLOW & LET GO Minna	17.00-18.00 SOMATIC BREATH -WORK Filippa	16.30-17.30 YOGA THERAPY Trishula	16.30-17.30 HATHA FLOW Emma Clara	16.30-17.30 VINYASA IN THE SUNLAMPS Jenny		15.45-16.45 YOGA THERAPY BALLS Ann-Cathrin
18.15-19.30 SOMATIC VINYASA YOGA Josephin	18.15-19.30 VINYASA IN SUN -LAMPS Sudheesh	17.30-18.30 DONATION YOGA	17.45-19.15 THE BLOW OUT Viktor	17.45-19.15 SHAKTI FLOW/ YOGA 100 Cinna/Josephin		18.15-19.15 VINYASA YOGA Madeleine
19.45-21.00 YIN & YOGA NIDRA Anna	19.45-20.45 YIN YOGA IR-LAMPS Jenny	19.00-20.00 YOGA NIDRA Ulrika	19.30-20.45 AROMA THERAPY RESTORATIVE YOGA Ann-Cathrin	19.00-20.00 EVENING EASE Shay		19.30-20.45 EMBODIED YIN Ai
			19.45-21.00 SOUND HEALING Cinna			

 FROM JANUARY 19th TO EASTER 

-  YOGA
-  WORK-OUT COMBO
-  RELAXATION
-  EXPERIENCE
-  LIGHT THERAPY

ALWAYS CHECK THE WEBSITE FOR UPDATES AND CHANGES