



LabYoga



## Schedule

**Please book into your Yoga Class using phone, text-message, whats-app or email. That is to make sure you can join the class. There are still Covid-19 restrictions like a maximum number of students. Thank you very much!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06 to 07							
07 to 08							
08 to 09						8:30 to 10:00	
09 to 10			9:30 to 11:00 Brahmani Yoga Monica E/D			Catch the Weekend M or E E/D	
10 to 11							
11 to 12							
12 to 13			12:15 to 13:15 Lunchyoga Monica E/D	12:15 to 13:15 Lunchyoga Ernst E/D			
13 to 14							
14 to 15							
15 to 16				over 55 Ernst D			
16 to 17							
17 to 18		17:45 to 19:15 Brahmani Yoga Monica D	18:00 to 19:30 Inside Flow Monica E/D	17:45 to 19:15 Brahmani Yoga Monica E	18:00 to 19:15 Inside Flow Ernst E/D		
18 to 19							
19 to 20		19:45 to 21:15 Somatic Yin Monica E		19:45 to 21:15 YinYoga Ernst E/D	19:45 to 21:00 Men's Business Ernst E/D		
20 to 21							

E = Englisch  
D = Deutsch



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- Catch the Weekend:** *Monica or Ernst:* Stress go away, welcome relaxed being (similar to Brahmani Style and relaxing Yin Yoga)  
Saturday 8:30 – 10:00
- Brahmani Yoga:** *Monica:* Flow in the style of Brahmani Yoga (Julie Martin)  
Wednesday 9:30 – 11:00  
Tuesday 17:45 – 19:15  
Thursday 17:45 – 19:15
- Lunchyoga:** *Monica:* light and easily digestible movements of the body and a calming break for the head  
Wednesday 12:15 – 13:15
- Lunchyoga:** *Ernst:* light and easily digestible movements of the body and a calming break for the head  
Thursday 12:15 – 13:15
- Over-55:** *Ernst:* Over-55 and cheerfully explore, adjust, move and relax body and mind  
Thursday 15:00 – 16:00
- Inside Flow:** *Monica:* flow with Music, like Line Dance but flowing through Yoga poses (Inside Flow by Young Ho Kim)  
Wednesday 18:00 – 19:30
- Inside Flow:** *Ernst:* flow with Music, like Line Dance but flowing through Yoga poses (Inside Flow by Young Ho Kim)  
Friday 18:00 – 19:15
- Somatic Yin:** *Monica:* Yin Yoga with a somatic way to proceed (body adapted moving according to Jade Wood)  
Tuesday 19:45 – 21:15
- Yin Yoga:** *Ernst:* traditional Yin Yoga according to Paul Grilley  
Thursday 19:45 – 21:15
- Men's Business:** *Ernst:* just we men and Yoga, moving our bodies, learning to know our limits and how to respect them  
Friday 19:45 – 21:00