



LabYoga



March 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 to 7							
7 to 8							
8 to 9						8:30 to 10:00	
9 to 10			9:30 to 11:00 Brahmani Yoga Monica E/D	9:30 to 11:00 Brahmani Yoga Monica D	9:30 to 11:00 Move and Release Ernst 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 Ernst E/D		12:15 to 13:15 Lunchyoga Monica E/D			
13 to 14							
14 to 15							
15 to 16				Retd Movement Ernst D			
16 to 17							
17 to 18		17:30 to 19:00 Brahmani Yoga Monica D	17:45 to 19:00 Inside Flow Monica E/D	17:45 to 19:00 Brahmani Yoga Monica E			
18 to 19	18:30 to 20:00 Inside Flow Ernst E/D				Men's Business Ernst D		
19 to 20		19:30 to 21:00 Somatic Yin Monica E	19:30 to 21:00 Somatic Yin Monica D	19:30 to 21:00 YinYoga Ernst E/D			
20 to 21							

E = Englisch
D = Deutsch



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- Catch the Weekend:** *Monica oder Ernst:* Stress go away, welcome relaxed being (similar to Brahmani Style and relaxing Yin Yoga)
Saturday 8:30 – 10:00
- Move and Release:** *Ernst:* explore the range of motion, use strength and enjoy a rebound (Flow Yoga and relaxing practice)
Friday 9:30 – 11:00
- Brahmani Yoga:** *Monica:* Flow in the style of Brahmani Yoga (Julie Martin)
Wed & Thu 9:30 – 11:00
Tuesday 17:30 – 19:00
Thursday 17:45 – 19:00
- Lunchyoga:** *Ernst:* light and easily digestible movements of the body and a calming break for the head
Tuesday 12:15 – 13:15
- Lunchyoga:** *Monica:* light and easily digestible movements of the body and a calming break for the head
Thursday 12:15 – 13:15
- Retired's Movement:** *Ernst:* Over 60 and cheerfully explore, adjust, move and relax body and mind
Thursday 15:00 – 16:00
- Inside Flow:** *Ernst:* easy Flows with Music, like Line Dance but with Yoga (according to Young Ho Kim from Inside Flow)
Monday 18:30 – 20:00
- Inside Flow:** *Monica:* strong Flows using a choreography to Music (according to Young Ho Kim from Inside Flow Yoga)
Wednesday 17:45 – 19:00
- Men's Business:** *Ernst:* just we men and Yoga, moving our bodies, learning to know our limits and how to respect them
Friday 18:00 – 19:00
- Somatic Yin:** *Monica:* Yin Yoga with a somatic way to proceed
Tue & Wed 19:30 – 21:00
- Yin Yoga:** *Ernst:* traditional Yin Yoga
Thursday 19:30 – 21:00