



LabYoga



Schedule from 11th of May until End of June 2020

**Please book into your Yoga Class using phone, text-message, whats-app or email.
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 Catch the Weekend M or E E/D	
09 to 10			9:30 to 11:00 Brahmani Yoga Monica 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			17:00 to 18:30				
17 to 18		17:30 to 19:00 Brahmani Yoga Monica D	Inside Flow Monica E/D	17:30 to 19:00 Brahmani Yoga Monica E	17:30 to 18:45 Inside Flow Ernst E/D		
18 to 19							
19 to 20		19:30 to 21:00 Somatic Yin Monica E		19:30 to 21:00 YinYoga Ernst E/D	19:15 to 20:30 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 17:30 – 19:00

Thursday 17:30 – 19:00

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

Friday 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 17:00 – 18:30

Inside Flow: *Ernst:* flow with Music, like Line Dance but flowing through Yoga poses
(Inside Flow by Young Ho Kim)

Friday 17:30 – 18:45

Somatic Yin: *Monica:* Yin Yoga with a somatic way to proceed (body adapted moving
according to Jade Wood)

Tuesday 19:30 – 21:00

Yin Yoga: *Ernst:* traditional Yin Yoga according to Paul Grilley

Thursday 19:30 – 21:00

Men's Business: *Ernst:* just we men and Yoga, moving our bodies, learning to know our limits
and how to respect them

Friday 19:15 – 20:30