

wer unterrichtet welche Klassen: **Februar 2019**



Montag – Freitag: Morgens: Openingchant um 7:00 Uhr  
Abends: das Studio öffnet um 18 Uhr, Openingchant um 18:30 Uhr

**KW 5. 28. Januar – 3. Februar**

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	6:15 silent practice*	6:15 silent practice*	6:15 silent practice*	6:15 silent practice*		
7 - 10 Mysore Gigi	7 - 10 Mysore Andrea/Gigi	7 - 10 Mysore Andrea/Dragos	7 - 10 Mysore Andrea/Astrid	7 - 10 Mysore Andrea/Katy		9:15 – 9:45 Zazen
					10:00 Mysore Andrea/Dragos	10 Led Class Andrea
18:30–20:30 Mysore Marie	18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Marie	18:30–20:30 Mysore Marie	18:30–20:30 Mysore Astrid		17:30 Mysore Marie

**KW 6. 4. - 10. Februar**

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	6:15 silent practice*	6:15 silent practice*	6:15 silent practice*	6:15 silent practice*		
● new moon	7 - 10 Mysore Andrea/Gigi	7 - 10 Mysore Andrea/Dragos	7 - 10 Mysore Andrea/Astrid	7 - 10 Mysore Andrea/Katy		9:15 – 9:45 Zazen
					10:00 Mysore Andrea/Dragos	10:00 Led Class Andrea
18:30 Moonpractice Marie	18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Marie	18:30–20:30 Mysore Marie	18:30–20:30 Mysore Gigi		17:30 Mysore Andrea

**KW 7. 11. – 17. Februar**

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	6:15 silent practice*	6:15 silent practice*	6:15 silent practice*	6:15 silent practice*		
7 - 10 Mysore Gigi	7 - 10 Mysore Andrea/Gigi	7 - 10 Mysore Andrea/Dragos	7 - 10 Mysore Andrea/Astrid	7 - 10 Mysore Andrea/Katy		9:15 – 9:45 Zazen
					10:00 Mysore Andrea/Dragos	10:00 Led Class Andrea
18:30–20:30 Mysore Marie	18:30–20:30 Mysore Astrid	18:30–20:30 Mysore Marie	18:30–20:30 Mysore Marie	18:30–20:30 Mysore Astrid		17:30 Mysore Astrid

**KW 8. 18. – 24. Februar**

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		6:15 silent practice*	6:15 silent practice*	6:15 silent practice*		
7 - 10 Mysore Gigi	○ Full Moon	7 - 10 Mysore Andrea/Dragos	7 - 10 Mysore Andrea/Katy	7 - 10 Mysore Andrea		9:15 – 9:45 Zazen
					10:00 Mysore Andrea/Dragos	10:00 Led Class Andrea
18:30–20:30 Mysore Marie	18:30–20:00 Moonpractice Andrea	18:30–20:30 Mysore Marie	18:30–20:30 Mysore Marie	18:30–20:30 Mysore Katy		17:30 Mysore Katy

6:15 silent practice\*: the studio is open for selfpractice in Meditation or Pranayama