

# Höstschema del 2

22 okt – 21 dec 18

Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag
6-9 Mysore	6-9 Mysore	7-8 Pranayama	6-9 Mysore	6-9 Mysore		8-9* Pranayama
	9:30-10:45 MaBa	8-10 Mysore			9-11 Mysore	9-11 Mysore
10:30-12:30 Mysore	11-12 YinYang		11-12 Core & Stab	11-12 Yin	11:15-13 AshMix	
15:30-17 Hathayoga		15:30-17 Yoga Lugn		15:30-17:30 Mysore		15-16:30 Gravid
17:15-18:45 Ash 2	17-19 Mysore	17:15-18:45 Ash 1	17:30-19 YinYang			16:45-18:15 Yin
19-20:45 Ash3	19:15-20:30 Flow	18:45-20:45 Mysore	19:15-20:45 Ash 2			18:30-20 Ash 2

- Pranayama söndagar startar 18 november
  - OBS! Stängt lördag 3 november



ashtanga yoga uppsala

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