
Vidyamarga

Orario dei corsi

	LUN	MAR	MER	GIO	VEN	SAB
Yoga Dolce	10:30-11:45				17:00-18:15	
Hatha Yoga Pomeridiano		18:00-19:15		18:00-19:15		
Hatha Yoga Serale	20:30-21:45		20:30-21:45			
Vinyasa Yoga (dinamico)			18:45-20:00		18:45-20:00	
Meditazione Advaita	18:00-19:15					
Yoga in Gravidanza	16:15-17:30					
Yoga per Bambini				16:00-17:00		
Yoga Nidra (1 al mese)						16:15-17:15
Yoga Restorative (1al mes						17:45-18:45
Bagno Sonoro (1 al mese)					21:00-22:00	
Aerial Yoga		19:30-20:45		19:30-20:45		09:30-10:45