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## Vidyamarga

### Orario dei corsi

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