



Yogakurse 1. HJ 2019

Donnerstags in Senden:

14. Februar bis 6. Juni 19. 12 Termine, 150 €

Shaolin Wi Xiao-Schule, Berliner Str. 25 (oberhalb Sport Edling)

Kurs 1: 08:30 - 09:45: Yoga am Morgen

Kurs 2: 17:00 - 18:15: Sanfter Yoga

Kurs 3: 18:30 - 19:45: Hatha-Vinyasa-Yoga

Februar

| | 1 | 2 | 3 |
|---|---|----|----|
| 5 | 6 | 7 | 8 |
| | 3 | 10 | 17 |
| | 4 | 11 | 18 |
| | 5 | 12 | 19 |
| | 6 | 13 | 20 |
| | 7 | 14 | 21 |
| 1 | 8 | 15 | 22 |
| 2 | 9 | 16 | 23 |

März

| | 4 | 5 | 6 |
|---|----|----|----|
| 9 | 10 | 11 | 12 |
| | 2 | 9 | 16 |
| | 3 | 10 | 17 |
| | 4 | 11 | 18 |
| | 5 | 12 | 19 |
| | 6 | 13 | 20 |
| | 7 | 14 | 21 |
| 1 | 8 | 15 | 22 |

April

| | 7 | 8 |
|----|----|----|
| 14 | 15 | 16 |
| | 6 | 13 |
| | 7 | 14 |
| | 1 | 8 |
| | 2 | 9 |
| | 3 | 10 |
| | 4 | 11 |
| 5 | 12 | 19 |

Mai

| | 9 | 10 | 11 |
|----|----|----|----|
| 18 | 19 | 20 | 21 |
| | 4 | 11 | 18 |
| | 5 | 12 | 19 |
| | 6 | 13 | 20 |
| | 7 | 14 | 21 |
| 1 | 8 | 15 | 22 |
| 2 | 9 | 16 | 23 |
| 3 | 10 | 17 | 24 |

Juni

| | 12 | A |
|----|----|----|
| 23 | 24 | 25 |
| | 1 | 8 |
| | 2 | 9 |
| | 3 | 10 |
| | 4 | 11 |
| | 5 | 12 |
| | 6 | 13 |
| 7 | 14 | 21 |

Ausweichtermin:
13. Juni

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