



# CLASSES FALL/WINTER ॐ 2022/23



**MO/LU**

**YOGA & SOUND**  
07/10 & 02/12/22  
Toblach/Dobbiaco  
30/09/22  
Brixen/Bressanone

**16:45**  
**AFTERNOON-  
YOGA PRANALA**  
TOBLACH/DOBBIACO

**18:15**  
**YIN YOGA**  
TOBLACH/DOBBIACO

**19:45**  
**YIN & YANG  
YOGA**  
TOBLACH/DOBBIACO  
& ONLINE

**DI/MA**

**06:00**  
**HORMON YOGA**  
ONLINE & VIDEO

**08:30**  
**MORNING-YOGA  
PRANALA**  
TOBLACH/DOBBIACO

**10:30**  
**POSTNATAL  
YOGA**  
INNICHEN

**MI/ME**

**06:00**  
**HORMON YOGA  
BRUSH UP**  
ONLINE & VIDEO

**SELBSTVERTEIDIGUNG  
für MÄDCHEN**  
14 & 15/10 &  
21 & 22/10/22  
Toblach

**18:15**  
**YOGA PRANALA**  
BRIXEN/BRESSANONE

**19:45**  
**YIN YOGA**  
BRIXEN/BRESSANONE

**19:15**  
**RIO ABIERTO**  
TOBLACH/DOBBIACO

**DO/GI**

**RIO ABIERTO**  
18/11/22  
Toblach/Dobbiaco

**17:45**  
**PRÄNATAL YOGA**  
INNICHEN

**19:45**  
**YOGA PRANALA  
LEVEL 2**  
TOBLACH/DOBBIACO

**FR/VE**

**07:00**  
**GOOD MORNING-  
YOGA PRANALA**  
INNICHEN/S. CANDIDO

**08:30**  
**HAPPY DAY-  
YOGA PRANALA**  
INNICHEN/S. CANDIDO

**YOGA CARD**  
**15x**  
in Toblach/  
a Dobbiaco