



YOGA CLASSES SUMMER ॐ 2022



MO/LU

YOGA & SOUND
29/07/22
Toblach/Dobbiaco
26/08/22
Brixen/Bressanone

15:00
**YOGA for
SERVICE/STAFF**
TOBLACH/DOBBIACO

18:15
YIN YOGA
im PARK/
nel PARCO
TOBLACH/DOBBIACO

19:45
YOGA PRANALA
im PARK/
nel PARCO
TOBLACH/DOBBIACO

DI/MA

06:00
**SURYA
NAMASKAR,
PRANAYAMA &
MEDITATION**
ONLINE & VIDEO

**YOGA &
WANDERN**
03-04/09/22
Toblach

19:15
**YOGA am
ISSINGER WEIHER
sul LAGHETTO
d'ISSENGO**
ISSING/ISSENGO

MI/ME

07:00
**MORNING-YOGA
PRANALA**
am SEE/sul LAGO
TOBLACH/DOBBIACO

10:45
**PRÄNATAL
YOGA**
TOBLACH

19:00
**YIN & YANG
YOGA**
im GARTEN/
nel GIARDINO
BRIXEN/BRESSANONE

DO/GI

**Einfach FrauSEIN
SUMMER**
27/08/22
Brixen/Bressanone

17:15
TALBACH YOGA
ANTHOLZ

19:45
YOGA PRANALA
am SEE/
sul LAGO
TOBLACH/DOBBIACO

FR/VE

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

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

**SUMMER YOGA
CARD**
15x
in Toblach & Brixen
a Dobbiaco &
Bressanone