



CLASSES FALL/WINTER ॐ 2023/24

MO/LU

DI/MA

MI/ME

DO/GI

FR/VE

YOGA & GUITAR

FR/VE, 08/09/23
Toblach/Dobbiaco

FR/VE, 29/09/23
Brixen/Bressanone

17:00

YIN YOGA

TOBLACH/DOBBIACO

18:30

**YIN & YANG
YOGA**

TOBLACH/DOBBIACO

08:15
**MORNING-YOGA
PRANALA**
TOBLACH/DOBBIACO

10:15
**POSTNATAL
YOGA**
INNICHEN

**YOGA ABO - 10x
3 MONTHS**
in Toblach/a Dobbiaco &
Innichen/S.Candido

**YOGA CARD - 18x
FALL/WINTER**
in Toblach/a Dobbiaco &
Innichen/S.Candido

18:15

YOGA PRANALA

BRIXEN/BRESSANONE

19:15

RIO ABIERTO

TOBLACH/DOBBIACO

19:45

YIN YOGA

BRIXEN/BRESSANONE

RIO ABIERTO
FR/VE, 12/01/24
Toblach/Dobbiaco

17:30

PRÄNATAL YOGA

INNICHEN

19:30

**YOGA PRANALA
LEVEL 2**

TOBLACH/DOBBIACO

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

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

**ADVENT
YOGA & GUITAR**
FR/VE, 01/12/23
Toblach/Dobbiaco