



CLASSES FALL/WINTER ॐ 2024/25



MO/LU

**INTRO
QI-GONG DEI
18 SAGGI**

FR/VE, 27/09/24
Toblach/Dobbiaco

ab/dal 23/09/24

17:00

YIN YOGA
TOBLACH/DOBBIACO

18:30

**YIN & YANG
YOGA**
TOBLACH/DOBBIACO

DI/MA

ab/dal 10/09/24

08:15

**MORNING-YOGA
PRANALA**
TOBLACH/DOBBIACO

**YOGA ABO
10x**

3,5 MONTHS

in Toblach/a Dobbiaco
Innichen/S.Candido

ab/dal SEP 24

19:30

RIO ABIERTO
TOBLACH/DOBBIACO

MI/ME

**YIN YOGA &
KLANG/SUONO**

FR/VE, 08/11/24
Brixen/Bressanone

ab/dal 13/11/24

09:30

**QI-GONG DEI
18 SAGGI**

TOBLACH/DOBBIACO

ab/dal 25/09/24

18:15

YOGA PRANALA
BRIXEN/BRESSANONE

19:45

YIN YOGA
BRIXEN/BRESSANONE

DO/GI

**YOGA CARD
20x
FALL/WINTER**

in Toblach/a Dobbiaco
Innichen/S.Candido

ab/dal 17/10/24

17:30

RHEUMA YOGA
TOBLACH/DOBBIACO

ab/dal 12/09/24

19:30

**YOGA PRANALA
LEVEL 2**
TOBLACH/DOBBIACO

FR/VE

ab/dal 06/09/24

07:00

**GOOD MORNING
YOGA PRANALA**
INNICHEN/S. CANDIDO

08:30

**HAPPY DAY
YOGA PRANALA**
INNICHEN/S. CANDIDO

**ADVENT
YIN YOGA &
KLANG/SUONO**
FR/VE, 06/12/24
Toblach/Dobbiaco

RIO ABIERTO

FR/VE, 17/01/25
Toblach/Dobbiaco