

Practices for the Body, Mind & Spirit

MA	DI	WO	DO	VR	ZA	ZO
7.00-9.00		7.15-8.30		7.15-8.30		
Mysore Self Practice Jurre <i>donation</i>		Vinyasa Yoga Rogier B		Vinyasa Yoga Rogier B		
9.00-10.30	8.45-10.15	9.00-10.30	9.00-10.15	9.00-10.30	9.00-10.15	9.00-10.30
Iyengar Yoga Claas B	Iyengar Yoga Annabel B	Iyengar Yoga Claas B	Pilates Plus Kim B	Iyengar Yoga Claas M	Yoga Basics Hilary/ Rosemarie/ Ashley B	Ashtanga Vinyasa Yoga Marilou M
10.00-11.15	9.15-10.45		9.15-10.30	10.45-12.15	10.30-12.00	10.45-12.15
Restorative Yoga Chantal all	Birth Prep* Liese <i>start 17/1, 28/2</i> C		Anusara Inspired Yoga Sandra B	Ashtanga Vinyasa Yoga Jurre B	Vinyasa Yoga Hilary/ Rosemarie/ Ashley M	Iyengar Yoga Asaf M
10.45-12.00	10.30-11.45	10.45-12.00	10.45-12.00	14.00-15.15	12.15-15.15	13.00-14.30
Yoga Basics Hilary B	Yin Flow José B	Vinyasa Yoga Hilary B	Vinyasa Yoga Kim M	Creative Core Flow Breean B	Intro to Yoga Workshop* <i>25/2, 24/3</i>	Vinyasa Yoga Rogier B
13.00-14.15	11.00-12.15	B = Beginners Nieuw? Bij deze lessen zijn beginners welkom! all= all levels Iedereen kan meedoen. M = Mixed Volg eerst een tijdje beginnerslessen. C = Cursus * <i>Schrijf je vooraf in op: www.yogamoves.nl</i>				
Senior Yoga Chantal all	Postnatale Yoga met baby* Liese <i>start 10/1, 7/2, 6/3</i> C					
17.15-18.30	12.00-13.15	17.15-18.30		15.30-16.30	15.30-17.15	16.00-17.30
Restorative Yoga Marlene all	Vinyasa Yoga José M	Pilates Plus Ingeborg B		Kinderyoga* Mylène <i>start 03/02</i> C	Ashtanga Vinyasa Yoga 1st Series Jurre/Marilou M	Anusara Inspired Yoga Sandra B
17.30-18.45	17.15-18.30	17.30-18.45	17.00-18.15	17.15-18.30	17.30-18.45	18.00-19.30
Pilates Plus Ingeborg B	Yoga Basics Lara B	Hatha Flow Susan M	Iyengar Yoga Claas B	Vinyasa Yoga Annette B	Slow Flow Yoga Marjolein/ Ina B	Iyengar Yoga Hiske B
17.30-18.45	17.30-18.45	17.30-18.45	17.15-18.30	17.30-19.00		19.45-22.00
Birth Prep* Liese <i>start 9/1, 20/2, 2/4</i> C	Ashtanga Vinyasa Yoga Marjolein B	Meditatie* Annette <i>start 11/1, 29/2</i> C	Slow Flow Yoga Jose B	Iyengar Yoga Hiske M		Writing & Yoga* Geertje <i>start 15/1</i> C
18.45-20.00	18.45-20.00	18.45-20.00	18.30-20.15	18.45-20.00		19.45-21.45
Vinyasa Yoga Marlene M	Core Flow Yoga Marlene M	Yin Yoga Rosemarie B	Ashtanga Vinyasa Yoga Claudia M	Hatha & Pranayama Liese B		Prenatal Partner Evening* Liese <i>8/1, 12/2, 18/3</i>
19.00-20.15	19.00-20.15	19.00-20.15	18.45-20.00	19.15-21.15		20.00-21.30
Iyengar Yoga Claas B	Iyengar Yoga Lara M	Ashtanga Vinyasa Yoga Jurre M	Intro to Yoga* Claas <i>start 2/2, 8/3</i> C	Iyengar Yoga Rope Class Hiske + €5 <i>3/2, 24/2, 2/3, 30/3</i>		Mindfulness Meditation & Yin Yoga* Dana <i>start 8/1, 18/3</i> C
19.00-20.15		19.00-20.15				
Prenatal Yoga* Liese <i>start 9/1, 5/3</i> C		Prenatal Yoga* Gonny <i>start 18/1, 14/3</i> C		10 euro voor 2 proeflessen Lessen zonder afspraak Studenten- & U-Paskorting We speak English Vragen? Questions? contact@yogamoves.nl		
20.15-21.30	20.15-21.30	20.15-21.30	20.15-21.30			
Ashtanga Vinyasa Yoga Marilou B	Slow Flow Yoga Hilary B	Vinyasa Yoga Rosemarie B	Ashtanga Vinyasa Yoga Claudia B			
20.30-22.00	20.30-21.45	20.30-22.00	20.30-21.45			
Iyengar Yoga Claas M	Intro to Yoga* Marlene <i>start 17/1, 21/2, 27/3</i> C	Iyengar Yoga Claas/Hiske M	Yin Yoga Jose B			
20.30-21.45		20.30-21.45				
Slow Flow Yoga M		Creative Core flow Breean B				

Yoga Moves

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