

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ashtanga Yoga Mysore Style for experienced students 17.30 - 19:00	Ashtanga Yoga Mysore Style 17:30 - 20:30	Ashtanga Beginner Course* Mysore Style 17.30 - 19.00 7.30 - 9.00 18:00 - 19:30	Ashtanga Yoga Mysore Style 07:30 - 10:00	Ashtanga Traditional Led Also for beginners 17:30 - 19:00	Special Events on Weekends In summer, no regular classes on weekends	
Ashtanga Beginner Course 17:30 - 18:50	Beginner Intro to Ashtanga Yoga 18:30 - 20:30	Ashtanga Traditional Led* 19:40 - 20:50		Pranyama & Mediatation All Levels 19:10 - 20:40		
OPEN CLASS Mysore Style Possible for regular students 19.0 -20.00	PRANAYAMA 20.00 - 20.30	Mysore Style 7.30 – 9.00				

CLASSES

Ashtanga Beginners

Introduction to the traditional Ashtanga Vinyasa Yoga for beginners. Recommended duration: minimum 6 weeks.

Ashtanga Krama Yoga

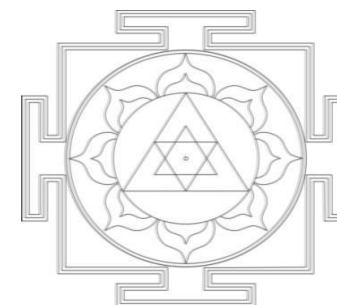
Private classes with focus on special needs and injuries. Regular students benefit of reduced price. For more details contact Natasa directly.

Ashtanga Mysore Style

Self-practice of Ashtanga Vinyasa, whole basis for developing a home practice.

Ashtanga Traditional Led

Led class following the traditional Yoga with individual guidance, as Sanskrit count of Vinyasa in tradition of K. Pattabhi Jois. Beginners don't follow the sequence at the beginning.



Languages

German, English, Serbo-Croatian