



ORARIO CORSI SETTIMANALI

Scuola Anahata Yoga

WWW.SAYOGA.IT

BORNASCO - Via Trento 57A

ORARIO	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
10:00-11:00	Hatha Yoga Conduce Laura		Hatha Yoga Conduce Laura		
19:00-20:00			Vinyasa Conduce Laura		
20:00-21:00	Hatha Yoga Conduce Stefania	Vinyasa Conduce Laura		Yoga Terapia Conduce Laura	

SAN GENESIO E UNITI - Via Alla Chiesa 4/6

ORARIO	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
10:00-11:00		Hatha Yoga Conduce Lorella			
19:00-20:00			Emotional Relief Yoga Conduce Valentina		Vinyasa Conduce Laura
19:30-20:30	Vinyasa Flow Conduce Fabio				
20:00-21:00		Vimukti Yoga Conduce Federica	In Viaggio Insegnanti a rotazione	Yoga Terapia Conduce Bianca	Mantra Yoga Conduce Marco

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