

Sonntagslektionen @ Niyama

3. Mai

10.30–11.30	Vinyasa Yoga	Marija: Vinyasa Yoga
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10. Mai

10.30–11.30	Vinyasa Yoga	Michèle (EN): Hip Opening Flow
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17. Mai

10.30–11.30	Vinyasa Yoga	Veronica: Vinyasa Yoga
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24. Mai

10.30–11.30	Vinyasa Yoga	Rachel (EN): Vinyasa Yoga
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31. Mai

10.30–11.30	Vinyasa Yoga	Simone: Vollmond Flow
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7. Juni

10.30–11.30	Vinyasa Yoga	Rahel: Innere Stärke
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14. Juni

10.30–11.30	Vinyasa Yoga	Sonia (EN): Happy Hips Flow
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21. Juni

10.30–11.30	Vinyasa Yoga	Veronica: Vinyasa Yoga
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28. Juni

10.30–11.30	Vinyasa Yoga	Nini: Vinyasa Yoga
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Offen für alle Level

Niyama Studio für Yoga & Pilates, Falknerstrasse 35, 4001 Basel, www.niyama-yoga.ch