

febbraio

2019

Yoga

www.devanagari.it

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
				1	2	3
4 18-19.30: yoga open 1 20-21.30: open flow	5 13-14: Ashtanga 2 18-19.30: yoga base 20-21: yoga schiena 1	6 18-19.30: yoga open 2 20-21.30: yoga open 1	7 18-19.30: yoga schiena 2 20-21: Ashtanga 1	8	9	10
11 18-19.30: yoga open 1 20-21.30: open flow	12 13-14: Ashtanga 2 18-19.30: yoga base 20-21: yoga schiena 1	13 18-19.30: yoga open 2 20-21.30: yoga open 1	14 18-19.30: yoga schiena 2 20-21: Ashtanga 1	15	16	17
18 18-19.30: yoga open 1 20-21.30: open flow	19 13-14: Ashtanga 2 18-19.30: yoga base 20-21: yoga schiena 1	20 18-19.30: yoga open 2 20-21.30: yoga open 1	21 18-19.30: yoga schiena 2 20-21: Ashtanga 1	22	23	24
25 18-19.30: yoga open 1 20-21.30: open flow	26 13-14: Ashtanga 2 18-19.30: yoga base 20-21: yoga schiena 1	27 18-19.30: yoga open 2 20-21.30: yoga open 1	28 18-19.30: yoga schiena 2 20-21: Ashtanga 1			

marzo

2019

Yoga

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Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
				1	2	3
4 18-19.30: yoga open 1 20-21.30: open flow	5 13-14: Ashtanga 2 18-19.30: yoga base 20-21: yoga schiena 1	6 18-19.30: yoga open 2 20-21.30: yoga open 1	7 18-19.30: yoga schiena 2 20-21: Ashtanga 1	8	9	10
11	12	13	14	15	16	17
Yoga e Ayurveda in Kerala Yoga e Ayurveda in Kerala Yoga e Ayurveda in Kerala Yoga e Ayurveda in Kerala Yoga e Ayurveda in Kerala Yoga e Ayurveda in Kerala						
18	19	20	21	22	23	24
Yoga e Ayurveda in Kerala Yoga e Ayurveda in Kerala Yoga e Ayurveda in Kerala Yoga e Ayurveda in Kerala						
25 18-19.30: yoga open 1 20-21.30: open flow	26 13-14: Ashtanga 2 18-19.30: yoga base 20-21: yoga schiena 1	27 18-19.30: yoga open 2 20-21.30: yoga open 1	28 18-19.30: yoga schiena 2 20-21: Ashtanga 1	29	30	31

aprile

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Yoga

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Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
1 18-19.30: yoga open 1 20-21.30: open flow	2 13-14: Ashtanga 2 18-19.30: yoga base 20-21: yoga schiena 1	3 18-19.30: yoga open 2 20-21.30: yoga open 1	4 18-19.30: yoga schiena 2 20-21: Ashtanga 1	5	6	7
8 18-19.30: yoga open 1 20-21.30: open flow	9 13-14: Ashtanga 2 18-19.30: yoga base 20-21: yoga schiena 1	10 18-19.30: yoga open 2 20-21.30: yoga open 1	11 18-19.30: yoga schiena 2 20-21: Ashtanga 1	12	13	14
15 18-19.30: yoga open 1 20-21.30: open flow	16 13-14: Ashtanga 2 18-19.30: yoga base 20-21: yoga schiena 1	17 18-19.30: yoga open 2 20-21.30: yoga open 1	18 18-19.30: yoga schiena 2 20-21: Ashtanga 1	19	20	21 Pasqua
22 Pasquetta	23 Vacanze di Pasqua	24 Vacanze di Pasqua	25 Festa della Liberazione	26	27	28
29 18-19.30: yoga open 1 20-21.30: open flow	30 13-14: Ashtanga 2 18-19.30: yoga base 20-21: yoga schiena 1					

maggio

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Yoga

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Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
		1 18-19.30: yoga open 2 20-21.30: yoga open 1	2 18-19.30: yoga schiena 2 20-21: Ashtanga 1	3	4	5
6 18-19.30: yoga open 1 20-21.30: open flow	7 13-14: Ashtanga 2 18-19.30: yoga base 20-21: yoga schiena 1	8 18-19.30: yoga open 2 20-21.30: yoga open 1	9 18-19.30: yoga schiena 2 20-21: Ashtanga 1	10	11	12
13 18-19.30: yoga open 1 20-21.30: open flow	14 13-14: Ashtanga 2 18-19.30: yoga base 20-21: yoga schiena 1	15 18-19.30: yoga open 2 20-21.30: yoga open 1	16 18-19.30: yoga schiena 2 20-21: Ashtanga 1	17	18	19
20 18-19.30: yoga open 1 20-21.30: open flow	21 13-14: Ashtanga 2 18-19.30: yoga base 20-21: yoga schiena 1	22 18-19.30: yoga open 2 20-21.30: yoga open 1	23 18-19.30: yoga schiena 2 20-21: Ashtanga 1	24	25	26
27 18-19.30: yoga open 1 20-21.30: open flow	28 13-14: Ashtanga 2 18-19.30: yoga base 20-21: yoga schiena 1	29 18-19.30: yoga open 2 20-21.30: yoga open 1	30 18-19.30: yoga schiena 2 20-21: Ashtanga 1	31		

giugno

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30