



HAPPY YOGA GIRONA SANT AGUSTÍ

C/SANT AGUSTÍ, 40 17003 – GIRONA

| DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES |
|--|---|--|--|---|
| | 9:30 – 10:45 UNNATA IOGA AERI (Virginia) | 9:30 – 10:45 KUNDALINI IOGA (Siso/Marika) | 9:30 – 10:45 VINYASA FLOW (Andrea) | 9:30 – 10:45 FLEXIBILITAT I MOBILITAT (Steve) |
| 10:00 – 11:15 IOGA POST PART AMB NADONS | | | | Cursos, Tallers, Xerrades, Kirtans, Meditació Concerts (Consulta Agenda a la web) |
| 11:30 – 12:45 IOGA EMBARÀS | | | | |
| | 17:30 – 18:30 FLEXIBILITAT I MOBILITAT (Steve) | | | |
| 18:30 – 19:45 UNNATA Ioga Aeri (Marta/Siso) | 19:00 – 20:15 IOGA EMBARÀS | 18:30 – 19:45 KUNDALINI IOGA (Sílvia) | 19:30 – 20:45 KUNDALINI IOGA (Siso) | |
| 20:00 – 21:15 KHATVA Restauratiu (Marta) | 20:30 – 21:45 KUNDALINI IOGA (Siso) | | | |
| | | | | |

Grups inclosos a la tarifa plana



www.happyyogagirona.com / info@happyyogagirona.com / T: 616 952 314