



# HAPPY YOGA GIRONA SANT AGUSTÍ

C/SANT AGUSTÍ, 40 17003 – GIRONA

| DILLUNS                                      | DIMARTS                           | DIMECRES                                                | DIJOUS                                          | DIVENDRES                                                                                            |
|----------------------------------------------|-----------------------------------|---------------------------------------------------------|-------------------------------------------------|------------------------------------------------------------------------------------------------------|
|                                              |                                   | 9:30 – 10:45<br>KUNDALINI IOGA                          | 9:30 – 10:45<br>HATHA IOGA                      | 9:30 – 10:45<br>VINYASA IOGA                                                                         |
|                                              |                                   |                                                         |                                                 | Cursos, Tallers,<br>Xerrades,<br>Kirtans,<br>Meditació<br>Concerts<br><br>(Consulta Agenda a la web) |
| 17:15 – 18:15<br>IOGA KIDS<br>De 6 a 11 anys | 17:30 – 18:45<br>IOGA RESTAURATIU |                                                         | 17:30 – 18:45<br>IOGA TEENS<br>A partir 12 anys |                                                                                                      |
| 18:30 – 19:45<br>IOGA AERI                   | 19:00 – 20:15<br>VINYASA IOGA     | 18:30 – 19:45<br>KUNDALINI IOGA                         | 19:30 – 20:45<br>KUNDALINI IOGA                 |                                                                                                      |
| 20:00 – 21:15<br>KHATVA IOGA<br>RESTAURATIU  | 20:30 – 21:45<br>KUNDALINI IOGA   | 20:00 – 22:00<br>TÈCNIQUES RELAXACIÓ<br>(1Q i 2Q – UdG) |                                                 |                                                                                                      |

Grups inclosos a la tarifa plana



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