



YOGA PARIS

PLANNING

	Heure	Yoga	Instructeur
Lundi	09:15 - 10:15	Vinyasa tous niveaux	Kat Chareonying
	11:45 - 12:45	Pranayama	Marion M'Santi
	13:00 - 14:00	Pilates for Yoga	Rajeev Kahn
	18:30 - 19:30	Yin Yoga & Yoga du Son	Pūjā Devi
	19:45 - 20:45	Hatha	Nadia Mazery
Mardi	07:30 - 08:30	Rise Up Yoga	Catalina Denis
	09:15 - 10:15	Introduction à l'Ashtanga	Kat Chareonying
	10:30 - 11:30	Vinyasa tous niveaux	Isabel Huenul
	12:00 - 13:30	Iyengar	Susana Villena
	18:30 - 19:30	Hatha des Sages	Raymond Besse
	19:30 - 21:00	Iyengar	Alex Onfroy
Mercredi	09:30 - 10:30	Vinyasa tous niveaux	Pema Aglossi
	11:00 - 12:15	Heart of Yoga	Catalina Denis
	12:00 - 13:30	Introduction Ashtanga	Tioka Tokedira
	14:30 - 15:15	Kids' Class	Julien Mauclert
	18:30 - 19:30	Hatha	Gwendal Mazery
	19:45 - 20:45	Vinyasa tous niveaux	Floriane Bongard
Jeudi	09:15 - 10:15	Vinyasa tous niveaux	Julien Mauclert
	12:30 - 13:30	Vinyasa tous niveaux	Isabel Huenul
	18:30 - 19:40	Yin Yoga	Masha Kruglova
	19:45 - 21:00	Vinyasa tous niveaux	Marie Ribes
Vendredi	07:30 - 08:30	Rise Up Yoga	Catalina Denis
	09:30 - 10:30	Vinyasa tous niveaux	Tioka Tokedira
	12:00 - 13:30	Iyengar	Carmen Ho
	18:30 - 19:30	Chromoyoga	Catalina Denis
	19:30 - 20:30	Restorative Yoga du Son	Floriane Bongard
Samedi	09:30 - 10:30	Vinyasa tous niveaux	Pema Aglossi
	11:00 - 12:30	Iyengar	Carmen Ho
	13:00 - 14:00	Community class	Tioka Tokedira
	16:00 - 17:30	Iyengar	Renny Dubuisson
	17:45 - 18:45	Hatha	Gwendal Mazery
Dimanche	10:00 - 11:00	Heart of Yoga	Catalina Denis
	11:30 - 13:00	Iyengar	Carmen Ho
	16:30 - 17:30	Pranaflow	Alena Gaponova
	18:30 - 19:30	Yoga Nidra	Jean Claude Branche

