

JULY

An ecosystem of classes working together with the guided meditations at the end of each & every class.

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
	1 7:30AM 60 min "Foundations"	2 7:30AM 60 min "Stretchy"	3 7:30AM 60 min "Conditioning"	4 9:45AM 75 min "Fun"	5 9:45AM 75 min Ashtanga 1 st serie	6 7:30AM 60 min "Flow"
7 7:30AM 60 min "Stretchy"	8 7:30AM 60 min "Conditioning"	9 7:30AM 60 min "Stretchy"	10 7:30AM 60 min "Flow"	11 9:45AM 75 min "Fun"	12 9:45AM 75 min Ashtanga 1 st serie	13 7:30AM 60 min "Conditioning"
14 7:30AM 60 min "Twist"	15 7:30AM 60 min "Binds"	16 7:30AM 60 min "Balance"	17 7:30AM 60 min "Stretchy"	18 9:45AM 75 min "Fun"	19 9:45AM 75 min Ashtanga 1 st serie	20 7:30AM 60 min "Stretchy"
21 7:30AM 60 min "Core"	22 7:30AM 60 min "Stretchy"	23 7:30AM 60 min "Inversions"	24 7:30AM 60 min "Stretchy"	25 9:45AM 75 min "Fun"	26 9:45AM 75 min Ashtanga 1 st serie	27 7:30AM 60 min "Flow"
28 7:30AM 60 min "Legs mobility"	29 7:30AM 60 min "Balancing"	30 7:30AM 60 min "Deep folding"	31 7:30AM 60 min Fire work			

"Flow"

Rhythmic classes. minimal cueing, silence and breath will guide you through the class. Listen to the feeling more, listen to the teacher less.

Classes with minimal cueing, less explanations, more flowing,

"Stretchy"

Slower classes, elaborated to space inside the body in a safe way, preparing you for the "fun practices."

"Conditioning"

Strength, stamina & endurance creating classes, preparing you for the fun classes where we tap into our strength and flexibility both at the same time.

"Ashtanga 1st serie"

Diving into the powerful and endless effects of a traditional Ashtanga practice. Discover the meditative and empowering gift of Ashtanga Yoga.

"Fun"

Challenging practices, tapping into your strength, stamina, flexibility at the same time, with explanations, options and variations. Long but energy smart practice.

NOTE

All first timers, beginners or injury recovering students are encouraged to join the pre-challenge week where we will stretch a lot and lay the foundations of a Yoga practice for you to step on your mat confident on the 1st of July : 26 27 28 29 30 of June.