



YOGAPROGRAMM
 HAUS HIRT
 &
 HOTEL MIRAMONTE



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
IM HOTEL MIRAMONTE 08.30 - 09.45 CHILL OUT MORNING YOGA	IM HOTEL MIRAMONTE 08.30 - 09.45 CHILL OUT MORNING YOGA		IM HOTEL MIRAMONTE 08.30 - 09.45 CHILL OUT MORNING YOGA	IM HOTEL MIRAMONTE 08.30 - 09.45 CHILL OUT MORNING YOGA	IM HOTEL MIRAMONTE 08.30 - 09.45 CHILL OUT MORNING YOGA	IM HOTEL MIRAMONTE 08.30 - 09.45 CHILL OUT MORNING YOGA
17.00 - 17.45 PRENATAL YOGA	10.15 - 11.00 PRENATAL YOGA		10.15 - 11.00 PRENATAL YOGA	10.15 - 11.00 PRENATAL YOGA	10.15 - 11.00 PRENATAL YOGA	
	17.00 - 18.00 EASY YOGA		17.00 - 18.00 EASY YOGA	17.00 - 18.00 EASY YOGA	17.00 - 18.00 EASY YOGA	
18.15 - 19.45 VINYASA FLOW YOGA	18.15 - 19.45 VINYASA FLOW YOGA		18.15 - 19.45 VINYASA FLOW YOGA	18.15 - 19.45 VINYASA FLOW YOGA	18.15 - 19.45 VINYASA FLOW YOGA	18.30 - 20.00 VINYASA FLOW YOGA
20.00 - 20.30 PRANAYAMA OUTSIDE			20.00 - 20.30 MEDITATION OUTSIDE	20.00 - 20.30 PRANAYAMA OUTSIDE	20.00 - 20.30 MEDITATION OUTSIDE	