

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

9:30 - 11:00
HATHA-YOGA ET SUPPORTS
Esther Juncal - 90'

11:15 - 12:15
HATHA-YOGA
Esther Juncal - 60'

12:30 - 13:30
HATHA-YOGA
Sonia Coray - 60'

14:00 - 15:15
YOGA DOUX ET MÉDITATION
Carole Rawlinson - 75'

16:15 - 17:15
YOGA ET FÉMINITÉ *
Béatrice Kilchenmann - 60'

17:30 - 18:45
HATHA-YOGA
Joan Stalder - 75'

19:00 - 20:30
**HATHA-YOGA INTENSIF
PRATIQUE PERSONNELLE**
Natalia Reynolds - 90'

09:00 - 10:15
HATHA-YOGA
Nathalie Weill - 75'

10:30 - 11:45
YOGA DOS
Nicole Eraers - 75'

12:15 - 13:15
HATHA-YOGA
Olga Abramova - 60'

13:30 - 14:30
KARMA YOGA
Nathalie Manzoni - 60'

16:15 - 17:15
YOGA DOUX
Esther Juncal - 60'

17:30 - 19:00
HATHA-YOGA ET MÉDITATION
Esther Juncal - 90'

19:15 - 20:15
NIDRA
Esther Juncal - 60'

9:00 - 10:00
YOGA SENIORS
Sonia Coray - 60'

10:30 - 11:30
YOGA SENIORS
Béatrice Kilchenmann - 60'

12:30 - 13:30
HATHA-YOGA
Nathalie Weill - 60'

13:45 - 14:45
YOGA ADOS
Sonia Coray - 60'

15:00 - 15:50
YOGA ENFANTS 7-11 ANS
Sonia Coray - 50'

16:45 - 18:00
HATHA-YOGA INTENSIF
Nathalie Weill - 75'

18:15 - 19:15
HATHA-YOGA ET PRÂNÂYÂMA
Natalia Reynolds - 60'

19:30 - 20:30
YOGA PRENATAL
Natalia Reynolds - 60'

7:30 - 8:30
HATHA-YOGA
Séverine Perotin - 60'

10:30 - 11:45
YOGA DOS
Esther Juncal - 75'

12:30 - 13:30
HATHA-YOGA
Séverine Perotin - 60'

15:00 - 16:15
YOGA DOS
Sonia Coray - 75'

18:00 - 19:15
HATHA-YOGA ET PRÂNÂYÂMA
Marie-Josette Repond - 75'

19:30 - 20:30
HATHA-YOGA
Séverine Perotin - 60'

11:00 - 12:00
YOGA DOUX
Olga Abramova - 60'

12:15 - 13:15
HATHA-YOGA
Carole Rawlinson - 60'

13:30 - 14:45
YOGA DOS
Carole Rawlinson - 75'

18:30 - 19:30
YOGA DES HORMONES
Sonia Coray - 60'

ATELIERS, CONFÉRENCES, SÉMINAIRES, FORMATIONS