

# STUNDENPLAN

Ab August 2011

ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	SONNTAG
04.30-07.00			<b>SADHANA</b> 04.30-06.45 Regula / Rebecca / Nadine		
09.00-11.00		<b>HATHA YOGA</b> 09.00-10.15 Regula / Rebecca	<b>YOGA FÜR ELTERN UND KIND</b> 09.30-10.20 Nanni	<b>HATHA YOGA</b> 09.00-10.15 Rebecca / Regula	
12.30-14.00	<b>KUNDALINI YOGA</b> 12.30-13.45 Regula (Rebecca)			<b>KUNDALINI YOGA</b> 12.30-13.45 Rebecca (Regula)	
16.00-17.00	<b>KINDER YOGA (4-8 J.)</b> 16.00-17.00 Nanni (Regula)				
17.00-18.00	<b>KINDER YOGA (8-12 J.)</b> 17.00-18.00 Nanni (Regula)		<b>STIMME UND IDENTITÄT</b> 17.00-18.30 Regula	<b>KINDER YOGA (8-12 J.)</b> 17.00-18.00 Nanni (Regula)	
18.00-19.00		<b>KINDER YOGA (12-16 J.)</b> 18.00-19.00 Rebecca (Regula)			
19.00-21.00	<b>KUNDALINI YOGA</b> 19.00-20.30 Regula (Rebecca)			<b>KUNDALINI YOGA</b> 19.00-20.30 Rebecca (Regula)	

SEESCHAU YOGA- UND THERAPIEZENTRUM

SEESTRASSE 106 CH-8703 ERLNBACH TEL. +41 44 915 55 28 FAX +41 44 915 55 29 INFO@SEESCHAU.CH WWW.SEESCHAU.CH