



Santidas Yoga Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRYDAY	SATURDAY
	7:30 - 8:30 Open Yoga		7:30 - 8:30 Open Yoga		
					9:30 - 10:30 FIRST classe
					10:45 - 11:45 Aerial Conf.
					12:00 - 13:00 Open Yoga
12:30 - 13:30 Open Yoga	12:30 - 13:30 Yoga I	13:00 - 14:00 Open Yoga	12:30 - 13:30 Yoga I	12:30 - 13:30 Sivananda	13:00 - 14:00 Beginners
13:30 - 14:30 Chair Yoga	13:30 - 14:30 Aerial Conf.		13:30 - 14:30 Yin Yoga	13:30 - 14:30 Aerial Relax	
17:30 - 18:30 Aerial Flow			17:30 - 18:30 Beginners		
18:30 - 19:30 Aerial Conf.	18:30 - 19:30 Open Yoga	18:30 - 19:30 Hatha Flow	18:30 - 19:30 Yoga II	18:30 - 19:30 Open Yoga	
				19:30 - 20:30 Restorative	

Conf.(Confirmed): has experienced at least 3 Aerial classes.

FIRST: Regular introductory classes, in Aerial, Chair, Yin or other. Check out the website/Facebook.

Beginners: New course every beginning of the month.



More information about our Yoga classes, workshops, meditations, teacher training and teachers can be found on our website:
www.santidas.com.



Please book your classes online,
in particular Aerial classes.



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