



Santidas Yoga Centre

TIMETABLE SANTIDAS YOGA

HOUR	MON	TUE	WED	THU	FRI	SAT
8:00-9:00			Yoga I Chiara			
12:30-13:30	Yoga Int. Sash	Yoga I – Sash	Yoga Int. Sash	Yoga I Sash	Yoga-Med-Relax Sash	10:00-11:00 Check on the website
13:30-14:30	Chair Yoga Sash	Aerial Yoga Sash	Yoga Med. Relax. Sash	Yin Yoga Sash	Aerial Relax Sash	11:00-12:00 Family Yoga Sash
						12:15-13:30 Yoga I & Begin. Natasha
18:30-19:30	Aerial Yoga Maëlle	Yoga Int. Sash	Hatha 1&2 Sash	Yoga II Sash	Yoga – Relax Natasha	
19:30-20:30				Yoga Begin. Jaya		