

Kriya Yoga Ashram

Via degli Olivetani 12, Milano

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
	10.30-12.00 Kriya Hatha Yoga Giovanni	10.30-12.00 Kriya Kundalini Yoga Meggy ★	10.30-12.00 Kriya Hatha Yoga Ariane ★	10.30-12.00 Kriya Hatha Yoga Ariane	10.30-12.00 Ashtanga Vinyasa Yoga guidata e Mysore style Cristina S./Giovanni★	
13.00-14.30 Kriya Natha Yoga Giovanni	13.00-14.30 Vinyasa Flow Yoga Cristina S.	13.00-14.30 Kriya Hatha Yoga Giovanni	13.00-14.30 Vinyasa Flow Yoga Ariane	13.00-14.30 Vinyasa Flow Yoga Ariane		
14.30-15.15 Kriya Yoga Meditazione* Giovanni					13.00-14.30 Kriya Natha Yoga I & II livello Meggy/ Giovanni★	
18.00-19.30 Kriya Hatha Yoga Cristina S. ★	18.00-19.30 Kriya Hatha Yoga Meggy ★	18.10-19.30 Esercizi di ricarica energetica e Meditazione* Giovanni	18.00-19.30 Kriya Hatha Yoga Meggy ★			18.00-19.30 Kriya Hatha Yoga Meggy ★
20.00-21.30 Vinyasa Flow Yoga Giovanni	20.00-21.30 Ashtanga Vinyasa Yoga guidata e Mysore style Axelle/Giovanni ★	20.00-21.30 Kriya Natha Yoga Giovanni	20.00-21.30 Ashtanga Vinyasa Yoga Axelle★	20.00-21.30 Kriya Hatha Yoga Giovanni		



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* Classe gratuita

★ Adatto anche ai principianti