

# Yoga Practice [www.yogapractice.nl](http://www.yogapractice.nl) October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 19.00 – 20.45 Vijnana Yoga beginners + exp. beginners	3 9.30–11.00 Yoga for Every Body/basics	4 19.00 – 21.00 Vijnana Yoga (intermediate and experienced beginners)	5	6 10.30 – 12.30 Vijnana Yoga Sitting, Pranayama, Asana Intermediate + exp. beginners	7 12.30 – 14.15 Vijnana Yoga exp. beginners (1 year course)	8
9 19.00 – 20.45 Vijnana Yoga beginners + exp. beginners	10 9.30–11.00 Yoga for Every Body/basics	11 19.00 – 21.00 Vijnana Yoga (intermediate and experienced beginners)	12	13 10.30 – 12.30 Vijnana Yoga Sitting, Pranayama, Asana Intermediate + exp. beginners	14 12.30 – 14.15 Vijnana Yoga exp. beginners (1 year course)	15
16 19.00 – 20.45 Vijnana Yoga beginners + exp. beginners	17 9.30–11.00 Yoga for Every Body/basics	18 19.00 – 21.00 Vijnana Yoga (intermediate and experienced beginners) (self-practice)	19	20 10.30 – 12.30 Vijnana Yoga Sitting, Pranayama, Asana Intermediate + exp. beginners	21 VYTT 9.00–10.00 chant 10.30 Vijnana Yoga (open + Sat. 1 yr) 13.00 Philosophy 15.30–18.00 VYTT Teacher Training (closed)	22 VYTT 9.30–13.00 Yoga Morning (adv. registration) 14.00–18.00 VYTT Teacher Training (closed)
23 19.00 – 20.45 Vijnana Yoga beginners + exp. beginners (Gijs Haanschoten)	24 9.30–11.00 Yoga for Every Body/basics (Avau Neueli)	25 19.00 – 21.00 Vijnana Yoga (intermediate and experienced beginners) (Renée Copraij)	26	27 10.30 – 12.30 Vijnana Yoga Sitting, Pranayama, Asana Intermediate + exp. beginners (Renée Copraij)	28 12.30 – 14.15 Vijnana Yoga exp. beginners (1 year course) (TBA)	29
30 19.00 – 20.45 Vijnana Yoga beginners + exp. beginners (Renée Copraij)	31 9.30–11.00 Yoga for Every Body/basics (Avau Neueli)					