



Yoga Practice

www.yogapractice.nl

December 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<p>1 10.30–12.00 Vijnana Yoga Intro. (Milou)</p> <p>12.30 – 14.15 Vijnana Yoga Exp. Beginners (1 year programme)</p>	2
<p>3 19.00 – 20.45 Vijnana Yoga Beginners+exp. beginners</p>	<p>4 9.30–11.00 Yoga for Every Body/ Basics</p>	<p>5 19.00 – 21.00 Vijnana Yoga (intermediate and experienced beginners) (self practice)</p>	6	<p>7 10.30 – 12.30 Vijnana Yoga intermediate + exp. beginners</p>	<p>8 VYTT 9.00–10.00 chant</p> <p>10.30 Vijnana Yoga (open + Sat. 1 yr)</p> <p>13.15–18.00 VYTT Teacher Training (closed)</p>	<p>9 VYTT 9.30–13.15 Yoga Morning (adv. registration)</p> <p>14.30–18.00 VYTT Teacher Training (closed)</p>
<p>10 19.00 – 20.45 Vijnana Yoga Beginners+exp. beginners</p>	<p>11 9.30–11.00 Yoga for Every Body/ Basics</p>	<p>12 19.00 – 21.00 Vijnana Yoga (intermediate and experienced beginners)</p>	13	<p>14 10.30 – 12.30 Vijnana Yoga intermediate + exp. beginners</p>	<p>15 10.30–12.00 Vijnana Yoga Intro. (Milou) 12.30 – 14.15 Vijnana Yoga Exp. Beginners (1 year programme) 15.00 – 17.30 Origins of Yoga Philosophy</p>	16
<p>17 19.00 – 20.45 Vijnana Yoga Beginners+exp. beginners</p>	<p>18 9.30–11.00 Yoga for Every Body/ Basics</p>	<p>19 19.00 – 21.00 Vijnana Yoga (intermediate and experienced beginners)</p>	20	<p>21 10.30 – 12.30 Vijnana Yoga intermediate + exp. beginners</p>	<p>22 Enjoy your home practice</p>	<p>23 Enjoy your home practice</p>
<p>24 Enjoy your home practice</p>	<p>25 Enjoy your home practice</p>	<p>26 Enjoy your home practice</p>	<p>27 Enjoy your home practice</p>	<p>28 City Retreat with Justin 10.30 – 14.00</p>	<p>29 City Retreat with Justin 10.30 – 14.00</p>	<p>30 City Retreat with Justin 10.30 – 14.00</p>