

## Yoga Practice [www.yogapractice.nl](http://www.yogapractice.nl) February 2019

| Monday   | Tuesday  | Wednesday  | Thursday | Friday  | Saturday  | Sunday   |
|--|--|--|----------|---|---|--|
|  |  |  |          | 1<br>10.30 - 12.30<br>Vijnana Yoga<br>Sitting, Pranayama,<br>Asana<br>Intermediate +<br>exp. beginners                  | 2<br>12.30 - 14.15<br>Vijnana Yoga<br>exp. beginners<br>(1 year course)<br>15.00-17.30<br>Origins of Yoga                                     | 3  |
| 4<br><br>19.00 - 20.45<br>Vijnana Yoga<br>beginners + exp.<br>beginners              | 5<br><br>9.30-11.00<br>Yoga for Every<br>Body/Basics             | 6<br><br>19.00 - 21.00<br>Vijnana Yoga<br>(intermediate +<br>experienced<br>beginners)             | 7        | 8<br><br>10.30 - 12.30<br>Vijnana Yoga<br>Sitting, Pranayama,<br>Asana<br>Intermediate +<br>exp. beginners              | 9 VYTT<br>9.00-10.00 chant<br>Yoga Sutra (open)<br>10.30 Vijnana<br>Yoga Class (open)<br><br>13.30-18.00 VYTT<br>Teacher Training<br>(closed) | 10 VYTT<br>9.30-13.00<br>Yoga Morning<br>(advance registr.)<br><br>14.00-18.00<br>VYTT<br>Teacher Training<br>(closed) |
| 11<br><br>19.00 - 20.45<br>Vijnana Yoga<br>beginners + exp.<br>beginners             | 12<br><br>9.30-11.00<br>Yoga for Every<br>Body/Basics            | 13<br><br>19.00 - 21.00<br>Vijnana Yoga<br>(intermediate +<br>experienced<br>beginners)(Sophie)    | 14       | 15<br><br>10.30 - 12.30<br>Vijnana Yoga<br>Sitting, Pranayama,<br>Asana<br>Intermediate +<br>exp. beginners<br>(Marco)  | 16<br><br>12.30 - 14.15<br>Vijnana Yoga<br>exp. beginners<br>(1 year course)<br>(Justin)  | 17   |
| 18<br><br>19.00 - 20.45<br>Vijnana Yoga<br>beginners + exp.<br>beginners<br>(Justin) | 19<br><br>9.30-11.00<br>Yoga for Every<br>Body/Basics<br>(Robin) | 20<br><br>19.00 - 21.00<br>Vijnana Yoga<br>(intermediate +<br>experienced<br>beginners)<br>(Marco) | 21       | 22<br><br>10.30 - 12.30<br>Vijnana Yoga<br>Sitting, Pranayama,<br>Asana<br>Intermediate +<br>exp. beginners<br>(Ramela) | 23<br><br>12.30 - 14.15<br>Vijnana Yoga<br>exp. beginners<br>(1 year course)<br>(Justin)  | 24   |
| 25<br><br>19.00 - 20.45<br>Vijnana Yoga<br>beginners + exp.<br>beginners             | 26<br><br>9.30-11.00<br>Yoga for Every<br>Body/Basics            | 27<br><br>19.00 - 21.00<br>Vijnana Yoga<br>(intermediate +<br>experienced<br>beginners)            | 28       |   |   |  |