

Yoga Practice www.yogapractice.nl March 2020

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 programme)	8 9.30–13.15 Yoga Morning Vijnana Yoga Sitting, Kriya, Pranayama, Vayu, Asana. Please reserve
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) (self-practice)	12	13 10.30 – 12.30 Vijnana Yoga Sitting, Pranayama, Asana Intermediate + exp. beginners	14 9.00–10.00 chant Yoga Sutra (open) 10.30 Vijnana Yoga Class (full) 13.30–18.00 VYTT Teacher Training (closed)	15 9.30–13.15 Yoga Morning (full) 14.30–18.00 VYTT Teacher Training (closed)
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)	19	20 10.30 – 12.30 Vijnana Yoga Sitting, Pranayama, Asana Intermediate + exp. beginners	21 12.30 – 14.15 Vijnana Yoga Exp. Beginners (1 year programme)	22
23 19.00 – 20.45 Vijnana Yoga Beginners+exp. beginners	24 9.30–11.00 Yoga for Every Body/ Basics	25 19.00 – 21.00 Vijnana Yoga (intermediate and experienced beginners) (flow)	26	27 10.30 – 12.30 Vijnana Yoga Sitting, Pranayama, Asana Intermediate + exp. beginners	28 12.30 – 14.15 Vijnana Yoga Exp. Beginners (1 year programme)	29
30 19.00 – 20.45 Vijnana Yoga Beginners+exp. beginners	31 9.30–11.00 Yoga for Every Body/ Basics					