

# MAJ

## YOGA w SKY VIEW LOUNGE

Poniedziałek	Wtorek	Środa	Czwartek	Piątek	Sobota	Niedziela
				1	2	3
4	5	6	7 19:00 Classic Hatha Yoga 20:00 Yin Yoga 21:00 Yoga Nidra	8	9	10
11	12	13	14 19:00 Classic Hatha Yoga 20:00 Yin Yoga 21:00 Yoga Nidra	15	16	17 9:00 Good Morning Yoga Flow 12:00 Yin Yoga & Guided Meditation
18 11:00 Yoga otwierająca biodra + trening autogenny Schultza	19 20:00 Inner Goddess Flow 21:00 Soft Body Reset	20	21 19:00 Classic Hatha Yoga 20:00 Yin Yoga 21:00 Yoga Nidra	22	23	24 9:00 Good Morning Yoga Flow 12:00 Yin Yoga & Guided Meditation
25 11:00 Hathayoga + oddechy	26 20:00 Inner Goddess Flow 21:00 Soft Body Reset	27	28 19:00 Classic Hatha Yoga 20:00 Yin Yoga 21:00 Yoga Nidra	29	30	31 9:00 Good Morning Yoga Flow 12:00 Yin Yoga & Guided Meditation