



Atmajyoti

Måndag

Tisdag

Onsdag

Torsdag

Fredag

Lördag

Söndag

<p>S 06:30-08:00 Hathayoga [PEN]</p>	<p>S 06:30-08:00 MediYoga & Pranayama [VBN]</p> <p>S 08:15-09:30 Lilla: Vinyasa Flow [SWD]</p>	<p>S 06:30-08:00 Hathayoga [PEN]</p> <p>S 08:15-09:30 Flow & Restore [SWD]</p>	<p>S 06:30-08:00 Hathayoga & Pranayama [VBN]</p>	<p>S 07:00-08:15 Vinyasa Flow [SWD]</p>		
<p>S 10:00-11:30 Vinyasa Flow [SWD]</p> <p>S 10:00-11:30 MediYoga [VBN]</p> <p>S 11:45-12:45 Hatha Flow [CG]</p>	<p>S 11:45-12:45 Yinyoga [SWD]</p>	<p>S 10:00-11:15 MediYoga lugn [GL]</p>	<p>S 10:00-11:30 Vinyasa Flow [SWD]</p> <p>S 10:00-11:30 MediYoga [VBN]</p> <p>S 11:45-12:45 Yinyoga [SWD]</p>	<p>S 10:00-11:15 MediYoga [GL]</p> <p>S 11:45-12:45 Lilla: Pranayama [VBN]</p> <p>S 11:45-12:45 Hatha Flow [SWD]</p>	<p>S 10:00-11:30 Hathayoga Inversions & Backbending [PEN]</p> <p>S 10:00-11:30 Lilla: Slow Yoga & Nidra Meditation [VL]</p>	<p>S 10:00-11:30 Ashtanga ledd klass [GF]</p>
	<p>S 12:00-13:00 MediYoga Glädje 1 sep-20 okt [UW]</p>	<p>S 14:00-15:30 MediYoga Fri från Stress [VBN]</p>				
<p>S 15:45-17:00 Restorative Yoga [SJ]</p> <p>S 17:00-18:45 Lilla: Ashtanga Mysore [GF]</p> <p>S 17:15-18:30 Stora: Hatha Flow 2 [SJ]</p> <p>N 17:30-19:00 MediYoga Horzonalans Glowing Woman, 24 aug-26 okt [VBN]</p> <p>N 17:15-18:45 Gravidyoga, 24 aug-26 okt [AN]</p>	<p>S 17:15-18:30 Lilla: Ashtanga fortsättning [GF]</p> <p>N 17:30-19:00 MediYoga & Mindfulness, 25 aug-27 okt [VBN]</p> <p>S 17:15-18:30 Stora: Vinyasa Flow [SWD]</p> <p>S 18:45-20:00 Stora: Ashtanga nybörjare [GF]</p>	<p>N 17:15-18:45 Gravidyoga, 19 aug-21 okt [KSA]</p> <p>S 17:15-18:30 Lilla: Slow Yoga & Nidra Meditation [VL]</p> <p>S 17:15-18:30 Stora: Vinyasa & Restore [SWD]</p> <p>N 17:30-19:00 Mindfulnesskurs, 10 veckor 26 aug-26 okt [MA]</p> <p>S 18:45-20:00 Hatha Flow nybörjare [VL]</p>	<p>S 15:45-17:00 Hatha Flow [TLB]</p> <p>S 17:30-19:00 MediYoga - Rygg, Hjärta & Stress, 3 sep-17 dec [UW]</p> <p>S 17:30-19:00 Lilla: Hatha Flow [LGI]</p>	<p>S 16:00-17:30 Yinyoga [SWD]</p> <p>S 16:00-17:30 Hatha Flow [CG]</p>	<p>S 16:00-17:30 Hatha Flow [CB]</p> <p>S 16:00-17:00 Lilla: Meditation [VBN][MA][MAS][PA][VL]</p> <p>S 17:15-18:30 Lilla: MediYoga [CBO]</p> <p>S 17:30-18:45 Stora: Yinyoga [CB]</p>	<p>S 16:00-17:15 Stora: Feminine Flow [CB]</p>

S Sigtunagatan

N Norrtullsgatan

X Alla lokaler

[PEN] Penny
[SWD] Sandra Wikman Donovan
[VBN] Viveka Blom Nygren
[CG] Clive Guiver
[SJ] Sarah Johnsson
[GF] Gigi Fridfinnsdottir
[AN] Andrea Nanda

[UW] Ulf Wallgren
[GL] Göran Larsson
[KSA] Karina Ståäv Ardelius
[VL] Victoria Lilly
[MA] Marie Androv
[PEN] Penny
[TLB] Therese Lind Bjellder

[VBN] Viveka Blom Nygren
[GF] Gigi Fridfinnsdottir
[CB] Cinna Brahma
[MAS] Malin Sävmstam
[PA] Peter Amling
[CBO] Cecilia Boman
[LGI] Lilla Gyúsi