



ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>AWARNESS YOGA</p> <p>9.30-11.00</p>	<p>THERAPEUTIC MEDITATION</p> <p>9.30-11.00</p>	<p>AWARNESS YOGA</p> <p>9.30-11.00</p>	
<p>AWARNESS YOGA</p> <p>18.00-19.30</p>	<p>THERAPEUTIC MEDITATION</p> <p>18.00-19.30</p>	<p>AWARNESS YOGA</p> <p>18.00-19.30</p>		<p>YOGA INSTRUCTION TRAINING</p> <p>17.00-21.00</p>
	<p>AWARNESS YOGA</p> <p>20.00-21.30</p>	<p>THERAPEUTIC MEDITATION</p> <p>20.00-21.30</p>	<p>AWARNESS YOGA</p> <p>20.00-21.30</p>	

**CHECK OUR AVAILABLE SCHEDULES
FOR GUITAR CLASSES AND THERAPIES (REIKI, FAMILY CONSTELLATIONS,
GUIDANCE AND ACCOMPANIMENT, TIBETAN BOWLS, IKIGAI,...)**