

TimePlan



HOLMESTRAND YOGA

Høst 2025

www.holmestrandyoga.no

MANDAG

08:30
Morgen Yoga
60min
Hanne Britt

18:00
Ashtanga ledet
75min
Kajsa

19:30
YinYoga
75min
Kajsa

18:15
Hatha Intro*
60min
Linda

19:30
Yoga mot stress**
75min
Hanne Britt

19:30
HathaYoga***
90min
Linda

08:30
Morgen Yoga
60min
Linda

10:00
Yoga kreftoverlevende*
60min
Linda

18:00
Flyt Yoga
75min
Beate

19:30
Ashtanga Intro fra uke 35
Ashtanga Basis fra uke 42
60min
Beate

TORSDAG

11:00
Barsel Yoga**
60min
Kaja

17:45
Ashtanga Mix
90min
Wivi

19:30
MykYoga
60min
Beate

FREDAG

08:30
Morgen Yoga
60min
Beate

LØRDAG

08:30-10:30
Mysore/egenpraksis1
Assistert
Beate

Oppstart
uke 35

Påmelding

beate@holmestrandyoga.no

*) Starter uke 42
**) 6 ukers kurs 35-40
***) Online uke 35-39



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