

COURS 2025-2026

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
		Hatha Yoga 8h30 - 9h30				
		Yoga sur chaise 10h - 11h	Hatha Yoga 9h45 - 11h	Méditation Harmonisation 9h30 - 11h		
Hatha Yoga 14h15 - 15h30	Qi-Gong 14h - 15h30			Hatha Yoga 14h15 - 15h30		
Hatha Yoga 17h45 - 19h	Hatha Vinyasa Yoga 17h30 - 18h40	Hatha Vinyasa Yoga 17h - 18h40	Hatha Yoga 17h45 - 19h	Yoga Samadhi Flow (yoga doux, méditation) 17h30 - 18h30		
	Hatha Vinyasa Yoga 18h45 - 20h	Hatha Vinyasa Yoga 18h45 - 20h	Hatha Yoga 19h45 - 20h30			Tai-Chi 18h - 19h30

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