



**YOGA**  
ashram

cuerpo  
mente  
corazón



# HORARIOS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	
09:15	HATHA VINYASA	KUNDALINI YOGA	HATHA VINYASA	KUNDALINI YOGA	HATHA VINYASA		
09:30						KUNDALINI YOGA	
10:45						KUNDALINI YOGA	
11:00							
11:30							
12:00						HATHA VINYASA	
13:00							
13:30							
17:00					HATHA/VINYASA		
17:30	HATHA/VINYASA	HATHA/VINYASA		HATHA/VINYASA			
18:30			HATHA/VINYASA				
19:00							
19:15							
19:30	KUNDALINI YOGA	HATHA/VINYASA	HATHA/VINYASA	HATHA/VINYASA	ASHTANGA YOGA		
20:30	HATHA/VINYASA			ASHTANGA YOGA		ASHTANGA YOGA	
21:00				KUNDALINI YOGA			KUNDALINI YOGA
21:15							