


B2B: Yoga Schedule from 28.03.2019

Please register by email: info@back2balance.ch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30		Kundalini Michel					
9:30-11:00		AromaYoga Nicole			Hatha Michel		
10:00-11:00							
10:30-12:00						AromaYoga Nicole	
12:00-13:00	HathaFlow Michel	Kundalini Michel	Essential Nicole	HathaFlow Nicole	Yin Nicole		
13:00-14:00							
13:30-14:30						 Doga Nicole	 Doga Nicole
15:00-15:45			Kids 4-9 yrs Nicole			On following Saturdays only: 27th April 11 th May	On following Sundays only: 14th April 26 th May
17:30-18:30					Hatha Donation-based Nicole or Michel		
18:00-19:15		Kundalini Michel	Workshops & Events				
19:30-21:00	Wind-down Michel	Yin Nicole	Workshops & Events				

See our News & Events Page for Updates on Upcoming Workshops & Special Events.