

# MARCH

/ 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	1 <b>ASHTANGA EXPRESS</b> 20 Minuten	2 <b>yoga MORNING GLOW</b> 30 Minuten	3 <b>ASHTANGA</b> 20 Minuten <b>SURYA NAMASKAR</b>	4 <b>NEU</b>
5 <b>YIN YOGA</b> SCHULTERN & NACKEN	6 <b>NEU</b>	7 <b>VINYASA FLOW</b> 60Min	8 <b>SELF CARE morning yoga</b>	9 <b>yoga MINIMAL CUE</b> 30 Minuten	10 <b>abend yoga</b>	11 <b>NEU</b>
12 <b>YIN YOGA</b> HÜFTEN & PSOAS RELEASE	13 <b>NEU</b>	14 <b>VINYASA YOGA</b> 50Min	15 <b>BLACKROLL FASZIEN YOGA</b> BEINE & HÜFTEN	16 <b>SUMMER BODY yoga</b> 35 Minuten	17 <b>morning kickstart</b>	18 <b>NEU</b>
<b>YIN YOGA</b> FÜR INNERE RUHE	20 <b>NEU</b>	21 <b>YOGA FLOW</b> Rücken & Hüften 40 Minuten	22 <b>VINYASA yoga</b> 45 Minuten FULL SESSION	22 <b>FULL BODY yoga</b>	24 <b>BLACKROLL FASZIEN YOGA</b> RÜCKENSCHMERZEN	25 <b>NEU</b>
26 <b>BLACKROLL FASZIEN YOGA</b> SCHULTERN & NACKEN	27 <b>NEU</b>	28 <b>stretch &amp; relax</b>	<b>AFTER WORK yoga</b>	30 <b>Wild HEART yoga</b> 25Min	27 <b>BLACKROLL FASZIEN YOGA</b> 40 MINUTEN	1 <b>NEU</b>