

F E B R U A R Y

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1  SONNENGRUSS ROUTINE 10 Minuten	2  Stay wild MOONCHILD yoga VINYASA FLOW	3  MORGEN STRETCH 10Min yoga	4 NEU
5  YIN YOGA LÖSE EMOTIONALE BLOCKADEN	6  SOMMER MORGEN 10Min yoga	7  VINYASA yoga 45Minuten FULL SESSION	8  kraftvolles yoga 15Minuten	9  yoga FLOW Hüftöffner & Balance	10  morning kickstart	11 NEU
12  YIN YOGA BEI INNERER UNRUHE	13 NEU	14  45Minuten FULL BODY yoga	15  ANTI STRESS sanftes yoga	16  30Min yoga GANZKÖRPER FLOW	17  yoga Morgen FLOW	18 NEU
19  YIN YOGA finde die Stille in dir	20 NEU	21  yoga vinyasa flow 60Min.	22  yoga FLOW 30Minuten KRAFT & BEWEGLICHKEIT	23  SWEET HIPS yoga	24  yoga QUICKIE VINYASA FLOW	25 NEU
26  YIN YOGA FÜR DEIN IMMUNSYSTEM	27 NEU	28  VINYASA yoga 45Minuten	1	2	3	4