

# autumn yoga

## october 8-14

### monday 8

19:50-21:05 vinyasa Viktoria

### tuesday 9

17:00-18:15 yin Yvonne  
18:25-19:40 power flow Elin-Kristin

### wednesday 10

17:30-18:45 vinyasa Pia Lise

### thursday 11

12:30-13:45 vinyasa Viktoria  
18:15-19:30 hatha Anne

### saturday 13\*

10:30-11:45 power flow Kristine

### sunday 14\*

11:00-12:45 power flow Anne

\* registration recommended

