

YOGANIA ONLINE KURSPLAN Jänner 2021

| Zeit/Datum | 4.1. | 5.1. | 6.1. | 7.1. | 8.1. |
|----------------------|-------------|-------------|-------------|--|--------------------------|
| 9 - 10.15 | Yogapause | Yogapause | FEIERTAG | | Tini Yogilates |
| 10.30-11.30 | | | | | Tini MamaBaby Yoga |
| 19 - 20.15 | | | | Tini Yoga in der Schwangerschaft | |
| 20.30 - 21.00 | | | | Meditation am Abend | |

| Zeit/Datum | 11.1. | 12.1. | 13.1. | 14.1. | 15.1. |
|----------------------|----------------|---------------|----------------|--|--------------------------------|
| 9 - 10.15 | | | Andrea | | Tini Faszien YinYoga |
| 10.30-11.30 | | | | | Tini MamaBaby Yoga |
| 19 - 20.15 | Claudia | Davina | Gerhard | Tini Yoga in der Schwangerschaft | |
| 20.30 - 21.00 | | | | Meditation am Abend | |

| Zeit/Datum | 18.1. | 19.1. | 20.1. | 21.1. | 22.1. |
|----------------------|--------------|---------------|----------------------------|--|---------------------------|
| 9 - 10.15 | | | Andrea | | Tini Yogilates |
| 10.30-11.30 | | | | | Tini MamaBaby Yoga |
| 19 - 20.15 | Tini | Davina | Anita Hüftöffner | Tini Yoga in der Schwangerschaft | Tini Yoga Nidra |
| 20.30 - 21.00 | | | | Meditation am Abend | |

| Zeit/Datum | 25.1. | 26.1. | 27.1. | 28.1. | 29.1. |
|----------------------|---------------|---------------|----------------|--|--------------------------------|
| 9 - 10.15 | | | Beate | | Tini Faszien YinYoga |
| 10.30-11.30 | | | | | Tini MamaBaby Yoga |
| 19 - 20.15 | Andrea | Davina | Gerhard | Tini Yoga in der Schwangerschaft | |
| 20.30 - 21.00 | | | | Meditation am Abend | |