

ΔΕΥΤΕΡΑ
MONDAY

ΤΡΙΤΗ
TUESDAY

ΤΕΤΑΡΤΗ
WEDNESDAY

ΠΕΜΠΤΗ
THURSDAY

ΠΑΡΑΣΚΕΥΗ
FRIDAY

ΣΑΒΒΑΤΟ
SATURDAY

ΚΥΡΙΑΚΗ
SUNDAY

07:00 - 07:45
SILENT MEDITATION
& KIRTAN
(LIVE)

07:00 - 07:45
SILENT MEDITATION
& KIRTAN
(LIVE)

07:00 - 07:45
SILENT MEDITATION
& KIRTAN
(LIVE)

07:00 - 07:45
SILENT MEDITATION
& KIRTAN
(LIVE)

07:00 - 07:45
SILENT MEDITATION
& KIRTAN
(LIVE)

07:00 - 20:30
TEACHER TRAINING COURSES &
CONTINUING EDUCATION PROVIDER
WORKSHOPS, SEMINARS &
RETREATS, MOVIE NIGHTS
KIRTAN EVENTS
(LIVE & ONLINE)



08:00- 08:30
PRANAYAMA
(LIVE)



08:00- 08:30
PRANAYAMA
(LIVE)



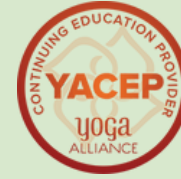
08:00- 08:30
PRANAYAMA
(LIVE)



08:00- 08:30
PRANAYAMA
(LIVE)



08:00- 08:30
PRANAYAMA
(LIVE)



08:30 - 11:00
ASHTANGA MYSORE
(LIVE & ONLINE)



08:30 - 11:00
ASHTANGA MYSORE
(LIVE & ONLINE)



08:30 - 11:00
ASHTANGA MYSORE
(LIVE & ONLINE)



08:30 - 11:00
ASHTANGA MYSORE
(LIVE & ONLINE)



08:30 - 10:00
ASHTANGA
PRIMARY SERIES
LED CLASS
(LIVE & ONLINE)

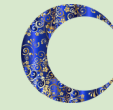
MEMO/ ΥΠΟΜΝΗΜΑ:



ΕΝΤΑΣΗ ΜΑΘΗΜΑΤΟΣ /
ΒΑΘΜΟΣ ΔΥΣΚΟΛΙΑΣ / LEVEL



ΗΛΙΟΣ / ΗΑ, SHIVA WARMING
ΔΥΝΑΜΗ, ΕΝΕΡΓΟΠΟΙΗΣΗ,
ΣΤΑΘΕΡΟΤΗΤΑ, ΙΣΟΡΡΟΠΙΑ



ΣΕΛΗΝΗ / ΘΑ, SHAKTI
COOLING, ΓΕΙΩΣΗ,
ΑΝΟΙΓΜΑ, ΕΥΛΑΓΓΙΣΙΑ,
ΚΑΤΕΥΘΥΝΣΗ, ΡΟΗ



FUSION
ΠΕΙΡΑΜΑΤΙΣΜΟΣ &
ΔΗΜΙΟΥΡΓΙΚΟΤΗΤΑ
EXPERIMENTING CREATIVITY



17:00 - 18:00
AERIAL YOGA
(LIVE)



17:00 - 18:00
AERIAL YOGA
(LIVE)



19:00 - 20:30
ASHTANGA
PRIMARY SERIES
LED CLASS
(LIVE & ONLINE)



19:00 - 20:30
YIN YOGA
(LIVE & ONLINE)



19:00 - 20:30
SIVANANDA
(LIVE & ONLINE)



19:00 - 20:30
TECHNIQUE & ALIGNMENT
BACKBENDS, INVERSIONS
HANDSTANDS & ARM
BALANCES
(LIVE & ONLINE)



19:00 - 20:30
SHIVA SHAKTI
VINYASA
(LIVE & ONLINE)

INFO / ΠΛΗΡΟΦΟΡΙΕΣ



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