

PLANNING DES COURS COLLECTIFS DE YOGA

2019 / 2020

LUNDI

Vic-Fezensac / Salle la Varangue

▶ 17h30 / 18h45
YOGA DOUX
RELAXATION
MÉDITATION

MARDI

Vic-Fezensac / Salle la Varangue

▶ 12H15 / 13H15
HATHA YOGA

▶ 16H45 / 18H
YOGA
PRENATAL

▶ 18H15 / 19H45
HATHA YOGA
TRADITIONNEL



ANAHATA

LA PAUSE BIEN-ÊTRE

Yoga, Méditation & Hypnose thérapeutique

MERCREDI

Lagraulet-du-Gers

▶ 18H / 19H15
YOGA DOUX
RELAXATION
MÉDITATION

JEUDI

Castera-Verduzan / Mairie

▶ 16h00 / 17h15
YOGA DOUX
RELAXATION
MÉDITATION

▶ 17H45 / 19H15
HATHA YOGA
TRADITIONNEL

▶ 19H30 / 21H
HATHA YOGA
DYNAMIQUE