

# Kriya Yoga Ashram

Via degli Olivetani 12, Milano

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
		8.15-9.30 Kriya Hatha Yoga Cristina S. ★				
	10.30-12.00 Kriya Hatha Yoga Ariane	10.30-12.00 Kriya Kundalini Yoga Laura ★	10.30-12.00 Vinyasa Flow Yoga Ariane ★	10.30-12.00 Kriya Hatha Yoga Giovanni	10.30-12.00 Ashtanga Vinyasa Yoga guidata e Self Practice Cristina S./Giovanni ★	10.30-12.00 Vinyasa Flow Yoga Axelle
13.00-14.30 Kriya Natha Yoga Giovanni	13.00-14.30 Vinyasa Flow Yoga Cristina S.	13.00-14.30 Kriya Hatha Yoga Giovanni	13.00-14.30 Kriya Hatha Yoga Ariane	13.00-14.30 Vinyasa Flow Yoga Ariane	12.30 Esercizi di ricarica energetica Giovanni	
14.30-15.15 Kriya Yoga Meditazione* Giovanni					13.00-14.30 Kriya Natha Yoga Giovanni	
					15.00-16.30 Meditazione e Kirtan* Giovanni	
18.00-19.30 Kriya Hatha Yoga Cristina S. ★	18.00-19.30 Kriya Hatha Yoga Meggy ★	18.00-19.30 Esercizi di ricarica energetica e Meditazione* Giovanni	18.00-19.30 Kriya Hatha Yoga Meggy ★	18.00-19.30 Kriya Kundalini Yoga Laura ★	17.00-18.30 Kriya Hatha Yoga Laura/Giulia ★	18.00-19.30 Kriya Hatha Yoga Meggy ★
20.00-21.30 Vinyasa Flow Yoga Giovanni	20.00-21.30 Ashtanga Vinyasa Yoga guidata e Self Practice Axelle/Giovanni ★	20.00-21.30 Kriya Natha Yoga Giovanni	20.00-21.30 Ashtanga Vinyasa Yoga Axelle ★	20.00-21.30 Kriya Hatha Yoga Giovanni		

\* Classe gratuita

★ Adatto anche ai principianti