



## La grange des Yogis

Yoga Douceur, Hatha Yoga, Méditation, Yin Yoga






### COURS COLLECTIFS

<b>Lundi</b>	10h-11h30	Yoga Douceur		18h30-20h	Hatha Yoga	
	12h30-13h30	Hatha Yoga		20h30-21h45	Yin Yoga	
<b>Mardi</b>	9h-10h30	Hatha Yoga		18h15-19h15	Méditation	
				19h30-21h	Hatha Yoga	
<b>Mercredi</b>	12h30-13h30	Méditation		18h-19h	Yoga KumNye	
				19h-20h30	Hatha Yoga	
<b>Jeudi</b>	9h -10h30	Hatha Yoga		19h30-21h	Hatha Yoga doux	
	11h-12h	Yoga KumNye				
<b>Vendredi</b>	9h-10h15	Yin Yoga				

### ATELIERS VENDREDI SOIR ET WEEK-END

(infos Facebook)

	<b>Marie-Agnès Tabet</b>	<b>06.11.95.12.28</b>
	<b>Agnès Lorenzelli</b>	<b>07.80.37.34.23</b>
	<b>Nathalie Panayoti</b>	<b>06.18.97.85.80</b>

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