



YOGA CLASSES SCHEDULE

YogaYatra Studio - Govert Flinckstraat 137-hs, 1072 EH, Amsterdam-De Pijp

Vinyasa Yoga **BASICS - Beginners & Intermediate**
 Vinyasa Yoga **ADVANCED - Intermediate & Advanced**
 Vinyasa Yoga **OPEN - All Levels**
RESTORATIVE Yoga - All Levels

PRENATAL Yoga - from 14-42 weeks of Pregnancy
POSTNATAL Yoga - from 6 weeks (10 c-section) after Delivery

	MORNING	MIDDAY	AFTERNOON	EVENING
MONDAY	10-11.30h OPEN	<i>Private Yoga</i>		18-19.30h ADVANCED 20-21.30h BASICS
TUESDAY	<i>Private Yoga</i>	<i>Private Yoga</i>	<i>Private Yoga</i>	18-19.30h PRENATAL 20-21.30h BASICS
WEDNESDAY	10-11.30h OPEN	<i>Private Yoga</i>		18-19.30h BASICS 20-21.30h ADVANCED
THURSDAY	<i>Private Yoga</i>	<i>Private Yoga</i>	<i>Private Yoga</i>	18-19.30h RESTORATIVE 20-21.30h POSTNATAL
FRIDAY	10-11.30h OPEN	<i>Private Yoga</i>	<i>Private Yoga</i>	
SATURDAY	10-11.30h ADVANCED	12-13.30h BASICS	<i>Private Yoga</i> / <i>Workshop</i>	
SUNDAY	<i>Workshop</i>	<i>Workshop</i>	<i>Workshop</i>	

You can also book Corine for **Private Yoga** sessions, see schedule for possible timings!

WWW.YOGAYATRA.NL