

| Start | Einde | Maandag    | Dinsdag | Woensdag           | Donderdag | Vrijdag                         | Zaterdag | Zondag               |
|-------|-------|------------|---------|--------------------|-----------|---------------------------------|----------|----------------------|
| 09.30 | 10.00 |            |         |                    |           |                                 |          |                      |
| 10.00 | 10.30 |            |         |                    |           |                                 |          |                      |
| 10.30 | 11.00 |            |         | Relax & Yoga       |           |                                 |          | De reis door je lijf |
| 11.00 | 11.15 |            |         |                    |           |                                 |          |                      |
| 11.30 | 12.00 |            |         |                    |           |                                 |          |                      |
| 13.30 | 14.00 |            |         |                    |           |                                 |          |                      |
| 14.00 | 14.30 |            |         |                    |           | Individuele<br>Klankbehandeling |          |                      |
| 14.30 | 15.00 |            |         |                    |           |                                 |          |                      |
| 15.00 | 15.30 |            |         |                    |           |                                 |          |                      |
| 17.30 | 18.00 |            |         |                    |           |                                 |          |                      |
| 18.00 | 18.30 |            |         |                    |           | Individuele<br>Klankbehandeling |          |                      |
| 18.30 | 19.00 |            |         |                    |           |                                 |          |                      |
| 19.00 | 19.15 |            |         |                    |           |                                 |          |                      |
| 19.15 | 19.30 |            |         | Yoga met Christine |           |                                 |          |                      |
| 19.30 | 19.45 | Hatha Yoga |         |                    |           |                                 |          |                      |
| 19.45 | 20.00 |            |         |                    |           |                                 |          |                      |
| 20.00 | 20.15 |            |         |                    |           |                                 |          |                      |
| 20.15 | 20.30 |            | Yoga    |                    |           | Workshop<br>Klankmeditatie      |          |                      |
| 20.30 | 20.45 |            |         |                    |           |                                 |          |                      |
| 20.45 | 21.00 | Yin Yoga   |         |                    |           |                                 |          |                      |
| 21.00 | 21.15 |            |         |                    |           |                                 |          |                      |
| 21.15 | 21.30 |            |         |                    |           |                                 |          |                      |
| 21.30 | 22.00 |            |         |                    |           |                                 |          |                      |
| 22.00 | 22.30 |            |         |                    |           |                                 |          |                      |

|  |                                   |
|--|-----------------------------------|
|  | Rustige Yoga sessie               |
|  | Meditatie sessie (geen Yoga)      |
|  | Actieve Yoga sessie voor iedereen |
|  | Individuele behandeling           |