

SCHEDULE

Maandag

07u00 Meditation

09u30 Morning Slow Flow

19u00 Energetic Vinyasa Flow


20u15 Inner Flow & Dance 

Dinsdag

07u00 Morning Vinyasa Yoga

17u45 After work Yoga

19u00 Flow & Meditate

20u15 Surprise Soul Practice 

Donderdag

11u45 Before lunch Yoga

Zondag

09u00 Guided Meditation

09u45 Energetic Vinyasa Flow

11u00 Inner Flow & Dance 