

# YOGA

## LUNDI

10.30  
**YIN YOGA**

Anne Studio de Yoga

11.30  
**HATHA YOGA**

Anne Studio de Yoga

13.00  
**YIN YOGA**

Anne Studio de Yoga

18.00  
**YOGA DU VISAGE**

Anne Studio de Yoga

19.10  
**YIN YOGA**

Anne Studio de Yoga

## MERCREDI

10.45  
**HATHA YOGA**

Anne Studio de Yoga

12.10  
**YIN YOGA**

Anne Studio de Yoga

13.10  
**YIN YOGA**

Anne Studio de Yoga

16.00  
**YOGA DU VISAGE**

Anne Studio de Yoga

17.10  
**VINYASA**

Anne Studio de Yoga

18.15  
**YIN YOGA**

Anne Studio de Yoga

## JEUDI

12.00  
**HATHA YOGA**

Anne Studio de Yoga

13.00  
**YIN YOGA**

Anne Studio de Yoga

14.30  
**YOGA DU VISAGE**

Anne Studio de Yoga

## VENDREDI

12.00  
**YIN YOGA**

Anne Studio de Yoga

13.00  
**YOGA DU VISAGE**

Anne Studio de Yoga

16.00  
**MEDITATION**

Anne Studio de Yoga

17.30  
**YIN YOGA**

Anne Studio de Yoga

18.30  
**HATHA YOGA**

Anne Studio de Yoga

## SAMEDI

09.00  
**MEDITATION**

Anne Studio de Yoga

10.00  
**YIN YOGA**

Anne Studio de Yoga

11.00  
**YOGA DU VISAGE**

Anne Studio de Yoga

12.00  
**YIN YANG**

Anne Studio de Yoga