

Schedule Reykjavik Yoga 2019

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00 - 9:15am HATHA FLOW (Agata)		7:30 - 8:45am BREATHWORK+FLOW (Tanit)		
				11:00 - 12:30am MINDFUL+MOVEMENT (Silvia)	
					3:00 - 4:15pm GENTLE FLOW (Jite)
			5:00 - 6:00pm SOFT & SLOW (Silvia)		
6:00 - 7:30pm CREATIVE FLOW (Silvia)	6:00 - 7:30pm DEEP FLOW (Agata)	6:00 - 7:30pm CREATIVE FLOW (Silvia)			

March 2019

www.reykjavikyoga.com