

BIJA YOGA BERLIN CLASS SCHEDULE *Winter 2020*

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|
| 9:00-10:30 Anna Sophie – Open/Mixed (e) | 11:00-12:30 Julie – Open/Mixed (e) | 9:00-10:15 Magdalena – Viniyoga* (d) | 11:00-12:30 Julie – Meditation (e) <i>*check online for dates</i> | 11:00-12:30 Kara – Open/Mixed (e) | 11:00-12:30 Julie – Int/Adv (e) |
| 17:30-19:00 Eleanor – Prenatal (e) | 18:00-19:30 Anna – Hatha Flow (e) | 18:00-19:30 Kati – Women Only / Open/Mixed (d) | 18:00-19:30 Julie – Gentle (e) | Workshops / Events / Teacher Training ** | Workshops / Events / Teacher Training ** |
| 19:30-21:00 MB – Gentle (e) | 20:00-21:30 Kelley – Yoga Nidra (e) | 20:00-21:30 Anna – Hatha Flow (e) | 20:00-21:30 Sarah – Open / Mixed (e) <i>*on pause until March</i> | Workshops / Events / Teacher Training ** | 18:00-19:30 Julie – Open/Mixed (e) |

Language: (e) classes are taught in English with German as needed. (d) ist auf Deutsch unterrichtet mit Englisch wie nötig.

Levels/Style: While a good fit of student and level is optimal, your teacher will help you modify your practice as needed.

Gentle: Ideal for beginners or those wanting a softer practice. **Open/Mixed:** All levels welcome. **Intermediate/Advanced:** Six months' practice recommended.

* *Viniyoga* is a class series; email m.rechlin@snafu.de to register; drop-ins are welcome. Check online for dates for the **Meditation** class. Next **Präventionskurs** runs in spring.

** **For class changes or substitutions** and upcoming **workshops and events** (Meditation, Restorative, Aromayoga, Yoga & Voice, Teacher Training, etc), visit our website.

All classes are first-come, first-serve. Class size is kept small and personal; please arrive early to settle in. Mats and props are available.

Trial class €10 • Single class €13 • 4-class card €45, valid for 1 month • 10-class card €110, valid for 3 months