

# AfroBuddha School of Yoga & Meditation Schedule - September 2018

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:30		<b>Restorative Yoga (60 min) Mirja</b>	<b>Vinyasa Flow (60 min) Lize</b>		<b>Ashtanga Yoga (60 min) Mirja</b>		
09:00						<b>Vinyasa Flow Family Class (60) Charney</b>	
15:00				<b>Kids Yoga 3-12y (45 min) Charney</b>			
17:30		<b>Qi Gong (45 min) Michelle</b>					
18:00							<b>Meditation (60 min) see*</b>
18:15		<b>Tai Chi Chuan (60 min) Michelle</b>					
18:30	<b>Ashtanga Yoga (75 min) Mirja</b>		<b>Yin Vinyasa (60 min) Mirja</b>				
19:00				<b>Silent Vinyasa Flow &amp; Meditation (90) Mirja</b>			
19:45			<b>Special Event Mantra Meditation**</b>				

## SPECIAL EVENTS & WORKSHOPS:

\*The Sunday Meditation for September will be YOGA NIDRA on the 9th and 23rd September and GONG MEDITATION on Sunday, 16th and 30th September, 18:00-19:00.

\*\*MANTRA MEDITATION (Gayatri Mantra) on Wednesday, 26th September, 19:45 – 21:00.

[[ Please note, that the new Saturday class is now a family class. The whole family is welcome to practise yoga together. ]]

For further info or to book a class contact Mirja  
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