

AfroBuddha School of Yoga & Meditation Schedule - March 2019

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:30		Restorative Yoga (75 min) Mirja	Vinyasa Flow (75 min) Lize		Ashtanga Yoga (75 min) Mirja		
09:00						Vinyasa Flow & Meditation (75) Charney	
15:15				Kids Yoga 5-12y (60 min) Charney		Special Event @10:30 on 30 March**	
17:30		Qi Gong (45 min) Michelle					
18:00							Meditation (60 min) see*
18:15		Tai Chi Chuan (60 min) Michelle					
18:30	Ashtanga Yoga (75 min) Mirja		Yin Vinyasa (75 min) Mirja	Vinyasa Flow & Meditation (90) Mirja			
19:00							
20:00							

SPECIAL EVENTS & WORKSHOPS:

*The Sunday Meditation for March will be:

1. YOGA NIDRA, 3rd + 10th March
2. MINDFUL MOVEMENTS, BREATH AND SOUND MEDITATION, 17th March
3. METTA - LOVING-KINDNESS MEDITATION 24th March
4. MANTRA MEDITATION on the 24th February, 18:00-19:00.

**The Saturday special event will be:

COMMUNITY HIKE - SATSANG, 30th March, 10:30 at AfroBuddha or 11:15 at Constantia Neck

For further info or to book a class contact Mirja

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