

# AfroBuddha School of Yoga & Meditation Schedule - January 2020

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:30		Yoga Therapy Class (75 min) Mirja			Ashtanga Yoga (75 min) Mirja		
09:00							
15:00				Kids Yoga 5-12y (45 min) Charney			
17:30		Qi Gong (45 min) Michelle					
18:00					Open for Special Event***		Meditation (60 min) see*
18:15		Tai Chi Chuan (60 min) Michelle					
18:30	Ashtanga Yoga (75 min) Mirja		Yoga Therapy Class (75 min) Mirja	Mindful Movements & Pranayama (75 min) Mirja			
19:00							
20:00							

## SPECIAL EVENTS & WORKSHOPS:

### Sunday Meditation

- Sound Journey (12 January)
- Mantra Meditation (OM 19 January)

### Special Event

- TRE & Yoga Nidra (26 January TBC)

### Please note the following changes

- Yoga Therapy - Yoga for the Digestive System (Tuesday 8:30 & Wednesday 18:30)
- Mindful Movements and Pranayama breathing exercises for the Digestive System (Thursdays 18:30)
- **There will be no Yin Vinyasa on Wednesdays at 8:30**

For further info or to book a class

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