

# MEA STUDIO

## SCHEDULE

## LEZIONI DI PROVA EQUILIBRIO DEL CORPO

### LUNEDÌ

12.45–13.30	Power Balance
18.45–20	Ashtanga Vinyasa Yoga
20.00–20.45	Meditazione

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### MARTEDÌ

9.30–11	Iyengar® Yoga
12.45–13.30	Ashtanga Vinyasa Yoga

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### MERCOLEDÌ

18.00–19.30	Acroyoga
19.30–20.30	Power Balance

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### GIOVEDÌ

9.30–11	Iyengar® Yoga
12.45–13.30	Power Balance
18.00–19	Feldenkrais®
19.00–20	Ashtanga Vinyasa Yoga

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### VENERDÌ

10.30–11.30	Bones for life® – Ossa per la vita®
12.45–13.45	Ashtanga Vinyasa Yoga

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### SABATO

10.00–11	Meditazione
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