



Ashtanga Yoga Plus - current class schedule

as of January 1st 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Sat.	Sunday/Holiday
						7.00 - 7.40 Uhr Meditation
Self practice 8.30 - 11 a.m. prior registration required	start from 8.30 a.m. Mysore-style 9-10.30 a.m. with teacher start between 8.30 and 9.30 a.m. end until 10.30 a.m.	Self practice 8.30 - 11 a.m. prior registration required	start from 8.30 a.m. Mysore-style 9-10.30 a.m. with teacher start between 8.30 and 9.30 a.m. end until 11 a.m.	start from 8.30 a.m. Mysore-style 9- 10.30 a.m. with teacher start for Mysore class between 8.30 and 9.30 a.m. 1x/month led class end until 11 a.m.	R e s t d a y	Mysore-style 7.45 - 10 a.m. with teacher start between 7.45 and 9 a.m. end until 10.30 a.m.
start from 5.45 p.m.	Pranayama 5.30-6 p.m.	start from 5.45 p.m.	start from 5.45 p.m.			
Mysore-style 6.15- 7.45 p.m. with teacher start between 5.45 and 6.45 p.m. end until 8 p.m.	start from 6.05 p.m. Mysore-style 6.15- 8.30 p.m. with teacher start between 5.45 and 7.30 p.m. end until 9 p.m.	Mysore-style 6.15- 7.45 p.m. with teacher start between 5.45 and 6.45 p.m. end until 8 p.m.	Mysore style 18.15- 19.45 p.m. with teacher start for Mysore class between 5.45 and 6.45 p.m. 1x/month led class end until 8 p.m.	Self practice 5.45 - 8 p.m. prior registration required		

Mysore-style	Individual practice, supported by the teacher as needed. Flexible start/end times possible within given ranges. Teacher present in darker ranges. Newcomers, please register by phone or by mail.
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Led class	Led traditionally in Sanskrit. Participants should know the standing postures. First Thursday of the month at 6.15 p.m. and first Friday of the month at 9.30 a.m.. Please register at least one day in advance (minimum of 2 participants, otherwise Mysore-style).
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Self practice	Individual practice without presence of a teacher. Prior registration required.
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Pranayama	Yogic breathing exercises. Prior participation in the introductory workshop or personal introduction or familiarity with this style of Pranayama (Sri O.P. Tiwari) required. Please register at least one day in advance.
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Meditation	Guided meditation. No prior experience required.
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