



GROUPE PRIVÉ FACEBOOK

YOUTUBE

Planning Cours en Ligne 22 AU 29 Novembre

ECOLE YOGA EQUANIMITY

| LUNDI                                              | MARDI                                           | MERCREDI                                             | JEUDI                                                  | VENDREDI                                       | SAMEDI                                                    |
|----------------------------------------------------|-------------------------------------------------|------------------------------------------------------|--------------------------------------------------------|------------------------------------------------|-----------------------------------------------------------|
|                                                    |                                                 |                                                      |                                                        |                                                | 11:00<br>Yoga<br>3 POSTURES<br>REINES                     |
| 9:30 - 10:45<br>Hatha Yoga<br>Mathieu<br>REPLAY    |                                                 |                                                      |                                                        |                                                | Postures sur la tête<br>Chandelle<br>Charrue<br>YOUTUBE ★ |
|                                                    | 11:00 - 12:15<br>Yoga Doux<br>Mathieu<br>REPLAY |                                                      |                                                        |                                                |                                                           |
| 12: 30 - 13:45<br>Vinyasa Yoga<br>Carina<br>REPLAY |                                                 | 12: 30 - 13:45<br>Hatha Yoga<br>Mathieu<br>REPLAY    | 12: 30 - 13:45<br>Ashtanga Yoga<br>Viola.<br>REPLAY    |                                                | 11:00<br>Antonia<br>Chandra<br>Namaskar                   |
|                                                    |                                                 |                                                      |                                                        |                                                | Salutation à la<br>Lune<br>YOUTUBE ★                      |
| 18:45<br>Vinyasa<br>Aude<br>YOUTUBE ★              | 18:45<br>Ashtanga<br>Carina<br>YOUTUBE ★        | 18:30 - 19:45<br>Hatha Yoga<br>Paola Gaori<br>LIVE 🌿 | 18:30 - 19:45<br>Vinyasa Yoga<br>Paola Gaori<br>LIVE 🌿 | 19:00 - 20:15<br>Hatha<br>Clément<br>YOUTUBE ★ |                                                           |
| 20:15 - 21:30<br>Yin Yoga<br>Antonia<br>REPLAY.    |                                                 |                                                      |                                                        |                                                |                                                           |

Voir Planning

Stages  
Mini-ateliers  
Online



CENTRE YOGA EQUANIMITY

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