



**SCHEDULE Winter 2017 - 2018**  
**from 3.12.2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Ashtanga Mysore</b> <b>07:30 - 11:00</b>  Self Practice 07:30 - 08:30 Mysore 08:30 - 11:00 Entry 07:30 - 09:30	<b>Ashtanga Mysore</b> <b>07:30 - 11:00</b>  Self Practice 07:30 - 08:30 Mysore 08:30 - 11:00 Entry 07:30 - 09:30	<b>Ashtanga Mysore</b> <b>07:30 - 11:00</b>  Self Practice 07:30 - 08:30 Mysore 08:30 - 11:00 Entry 07:30 - 09:30	<b>Ashtanga Mysore</b> <b>07:30 - 11:00</b>  Self Practice 07:30 - 08:30 Mysore 08:30 - 11:00 Entry 07:30 - 09:30	<b>Ashtanga Mysore</b> <b>08:30 - 11:00</b>  entry 08:30 - 09:30 Drop In 5 euros	
						<b>Saturday Mysore</b> Drop in 5 euros Except Unlimited Subscriptions
						For Vinyasa Krama information and cost please contact Marita Mittag at : maritamittag@me.com +306934696156
						<b>Drop In-non Members: 15 euros</b> please inform for your presence via email at info@ashtangayogaathens.com
						* On New and Full Moon Days check:fb/ashtangayogaathens for changes in schedule.
						<b>Info:</b> fb/ashtangayogaathens www.ashtangayogaathens.com info@ashtangayogaathens.com 6946 278519
<b>Yin Yoga</b> <b>18:00 - 19:30</b>	<b>Vinyasa Krama</b> <b>17:30- 19:00</b>					<b>Ashtanga Improvisation</b> <b>18:00 - 19:00</b>
<b>Ashtanga Led</b> <b>19:30 - 21:30</b>	<b>19:30- 22:00</b> <b>Ashtanga Mysore</b> <b>Entry 19:30-20:30</b>	<b>Ashtanga Led</b> <b>19:30 - 21:30</b>	<b>19:30- 22:00</b> <b>Ashtanga Mysore</b> <b>Entry 19:30-20:30</b>	<b>Ashtanga Led</b> <b>19:30 - 21:30</b>	<b>Vinyasa Krama</b> <b>19:30 - 21:00</b>	<b>19:30- 22:00</b> <b>Ashtanga Mysore</b> <b>Entry 19:30-20:30</b>
<b>zazen</b> <b>21:30 - 22:00</b>		<b>zazen</b> <b>21:30 - 22:00</b>		<b>zazen</b> <b>21:30 - 22:00</b>		

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