

YOGA KURSE | JUNI 2026



*Kurse mit Anmeldung: mail@yoga-bude.de
 Kurse die in BLAU markiert sind finden am Gelterswoog statt, nur bei gutem Wetter

KW	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
5	1	2	3	4	5	6	7
	8.30-9.30 MORNING FLOW MELANIE 18.30-19.30 RÜCKEN YOGA CELINE 20-21 SOFT & SMOOTH LEA	19-20 POWER YOGA LENI 20.30-21.30 Good night YIN LENI	5.45-6.45 MORNING CHALLENGE LEA	FEIERTAG 9-10 CHILLIGER FLOW MANUELA 10.30-11.30 VON BHARAHASTA ZU SAVASANA MANUELA	19-20 SLOW DOWN FRIDAY MANUELA	9-10 HATHA YOGA LAURA	10.30-11.30 CHILLIGER SONNTAG MANUELA
6	8	9	10	11	12	13	14
	8.30-9.30 MORNING FLOW LAURA 18.30-19.30 RÜCKEN YOGA CELINE 20-21 SOFT & SMOOTH LEA	19-20 POWER YOGA LAURA 20.30-21.30 Good night YIN LAURA	5.45-6.45 MORNING CHALLENGE LAURA •18-19 SUMMER SUNNY FLOW ALENA •19-20 SUP YOGA LEA •19:30-21 DANCE YOUR FREEDOM MANUELA	17.30-18.30 FEIERABEND YOGA LAURA 19-20 RÜCKEN YOGA LAURA	14.30-15.30 ENERGIE FLOW MANUELA 19-20 SLOW DOWN FRIDAY ALENA	9-10 HATHA YOGA LAURA •10.30 - 11.30 AN HOUR OF INTENTION CRISTINA	10.30-11.30 CHILLIGER SONNTAG ALENA •17 - 19 RISE SISTER RISE - MAGIC LAURA
7	15	16	17	18	19	20	21
	8.30-9.30 MORNING FLOW LAURA 18.30-19.30 RÜCKEN YOGA CELINE 20-21 SOFT & SMOOTH LEA	19-20 POWER YOGA LENI 20.30-21.30 Good night YIN LENI	5.45-6.45 MORNING CHALLENGE LEA •18-19 SUMMER SUNNY FLOW MANUELA •19:30-21:30 KAKAO ZEREMONIE	17.30-18.30 FEIERABEND YOGA MANUELA 19-20 RÜCKEN YOGA LENI	17.15-18.30 ASHTANGA ALINA 19-20 SLOW DOWN FRIDAY ALINA	9-10 HATHA YOGA LAURA	WELTYOGATAG - BITTE SCHAU BEI SPECIALS :-) 10.30-11.30 CHILLIGER SONNTAG LENI
8	22	23	24	25	26	27	28
	8.30-9.30 MORNING FLOW MELANIE 18.30-19.30 RÜCKEN YOGA CELINE 20-21 SOFT & SMOOTH LEA	19-20 POWER YOGA LENI 20.30-21.30 Good night YIN LENI	5.45-6.45 MORNING CHALLENGE LAURA •18-19 SUMMER SUNNY FLOW MANUELA •19-20 SUP YOGA LEA	17.30-18.30 FEIERABEND YOGA LARISSA 19-20 RÜCKEN YOGA LARISSA	14.30-15.30 ENERGIE FLOW MANUELA 19-20 SLOW DOWN FRIDAY LISA	9-10 HATHA YOGA LENI •10.30 - 11.30 AN HOUR OF INTENTION CRISTINA	10.30-11.30 CHILLIGER SONNTAG LARISSA
9	29	30					
	8.30-9.30 MORNING FLOW LAURA 18.30-19.30 RÜCKEN YOGA CELINE 20-21 SOFT & SMOOTH LEA	19-20 POWER YOGA LAURA 20.30-21.30 Good night YIN LAURA					