

YOGA KURSE | SEPTEMBER 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
		19-20 POWER YOGA LENI 20.30-21.30 Good night YIN LENI	•19:30-20:30 GOLDEN YIN ALENA	17.30-18.30 KARMA-VIRĀMA MANUELA 19-20 RÜCKEN YOGA MELINA	19-20 SLOW DOWN FRIDAY ALENA YOGA AUSBILDUNG!	9-10 HATHA YOGA FABIENNE Unsere Stunden finden am Gelterswoog statt!	10.30-11.30 CHILLIGER SONNTAG ALENA
6	7	8	9	10	11	12	13
	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	•19:15-20:30 MEDITATIVE KLANGREISE MELANIE	17.30-18.30 KARMA-VIRĀMA MANUELA 19-20 RÜCKEN YOGA MELINA	14.30-15.30 ENERGIE FLOW MANUELA 19-20 SLOW DOWN FRIDAY ALINA	9-10 HATHA YOGA LAURA 10:30-11:30 AN HOUR OF INTENTION SIERRA/CHRISTINE •12-18 HIPPIEMARKT	10.30-11.30 CHILLIGER SONNTAG MANUELA •12-13:30 ASHTANGA ALINA
7	14	15	16	17	18	19	20
	8.30-9.30 MORNING FLOW LAURA 18.30-19.30 RÜCKEN YOGA CELINE 20-21 SOFT & SMOOTH LEA	19-20 POWER YOGA ALINA 20.30-21.30 Good night YIN LAURA	•19:30-21:30 KAKAO ZEREMONIE GERLINDE & LAURA	17.30-18.30 KARMA-VIRĀMA MANUELA 19-20 RÜCKEN YOGA MELINA	14.30-15.30 ENERGIE FLOW MANUELA 19-20 SLOW DOWN FRIDAY LAURA	9-10 HATHA YOGA LAURA 10:30-11:30 AN HOUR OF INTENTION SIERRA/CHRISTINE	10.30-11.30 CHILLIGER SONNTAG LARISSA
8	21	22	23	24	25	26	27
	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	•19:30-21 DANCE YOUR FREEDOM MANUELA	17.30-18.30 KARMA-VIRĀMA MANUELA 19-20 RÜCKEN YOGA LARISSA	14.30-15.30 ENERGIE FLOW MANUELA 19-20 SLOW DOWN FRIDAY LISA	9-10 HATHA YOGA LAURA 10:30-11:30 AN HOUR OF INTENTION SIERRA/CHRISTINE •18-20 RISE SISTER RISE LAURA	10.30-11.30 CHILLIGER SONNTAG JASMIN
9	28	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 LENI 20.30-21.30 Good night YIN LENI	•19:15-20:15 YOGA NIDRA MELANIE				