YOGA KURSE | NOVEMBER 2026

YOGA bude

•Kurse mit Anmeldung: mail@yoga-bude.de

KW	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	30						1
	8:30–9:30 MORNING FLOW KIRA 16:30–18 YIN & RESTORATIVE YOGA KIRA 18.30-19.30 HATHA STÄRKE CELINE 20-21 SOFT & SMOOTH LEA						•9-10 CREATIVE VINYASA KIRA 10.30-11.30 CHILLIGER SONNTAG KIRA •17-18 DEEP YIN ALENA
	2	3	4	5	6	7	8
	8:30–9:30 MORNING FLOW KIRA 16:30–18 YIN & RESTORATIVE YOGA KIRA 18.30-19.30 HATHA STÄRKE CELINE 20-21 SOFT & SMOOTH LEA	19-20 POWER YOGA LENI 20.30-21.30 Good night YIN LENI	•19:30-21 SACRED SOUND JOURNEY - ROOTED JOHANNA	17.30-18.30 KARMA VIRAMA MANUELA 19-20 RÜCKEN YOGA MELINA	•19-20 NEUMOND YIN ALENA	9-10 HATHA YOGA LAURA 10:30-11:30 AN HOUR OF INTENTION SIERRA	•9-10 A CUP OF YOGA - CREATIVE VINYASA KIRA 10.30-11.30 CHILLIGER SONNTAG FABIENNE
	9	10	11	12	13	14	15
	8:30–9:30 MORNING FLOW KIRA 16:30–18 YIN & RESTORATIVE YOGA KIRA 18.30-19.30 HATHA STÄRKE 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 VIRAMA MANUELA 19-20 RÜCKEN YOGA MELINA	•19-20 YIN & LICHTMEDITATION LISA	9-10 HATHA YOGA LAURA •10:30-11:30 SOMATIC YIN MELINA •16-17 ENERGIE FLOW MANUELA	•9-10 A CUP OF YOGA KIRA 10.30-11.30 CHILLIGER SONNTAG LARISSA • 16:30-17.30 YIN & PIANO - YOGA TRIFFT LIVE MUSIK LAURA & TOBIAS
	16	17	18	19	20	21	22
	8:30–9:30 MORNING FLOW KIRA 16:30–18 YIN & RESTORATIVE YOGA KIRA 18.30-19.30 HATHA STÄRKE 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	17.30-18.30 KARMA VIRAMA MANUELA 19-20 RÜCKEN YOGA MELINA	•19-20 ME TIME YIN ALENA	9-10 HATHA YOGA LAURA 10:30-11:30 AN HOUR OF INTENTION SIERRA	•9-10 A CUP OF YOGA - CREATIVE VINYASA KIRA 10.30-11.30 CHILLIGER SONNTAG LENI
	23	24	25	26	27	28	29
	8:30–9:30 MORNING FLOW KIRA 16:30–18 YIN & RESTORATIVE YOGA KIRA 18.30-19.30 HATHA STÄRKE CELINE 20-21 SOFT & SMOOTH LEA	19-20 POWER YOGA LAURA 20.30-21.30 Good night YIN LAURA	•19:30-21:30 KAKAO ZEREMONIE GERLINDE & LAURA	17.30-18.30 KARMA VIRAMA MANUELA 19-20 RÜCKEN YOGA MELINA	•19-20 ENTSPANNT INS WOCHENENDE LENI	9-10 HATHA YOGA LAURA	•9-10 A CUP OF YOGA - CREATIVE VINYASA KIRA 10.30-11.30 CHILLIGER SONNTAG ALENA