

YOGA KURSE | JULI 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
			5.45-6.45 MORNING CHALLENGE LAURA •18-19 SUMMER SUNNY FLOW MANUELA •19-20 SUP YOGA LEA •19:30-21 BHAKTI & YIN AM SEE PATRICK & LAURA	19-20 RÜCKEN YOGA MANUELA	14.30-15.30 ENERGIE FLOW MANUELA 19-20 SLOW DOWN FRIDAY ALINA	9-10 HATHA YOGA LAURA	10.30-11.30 CHILLIGER SONNTAG ALENA •16-17 INFONACHMITTAG YTT •18-20 DUFT-KLANG-REISE MELANIE
6	6	7	8	9	10	11	12
	8.30-9.30 MORNING FLOW LAURA 18.30-19.30 RÜCKEN YOGA CELINE 20-21 SOFT & SMOOTH CELINE	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 ELENA •19-20 SUP YOGA ELENA •19:30-21 DANCE YOUR FREEDOM MANUELA	19-20 RÜCKEN YOGA MELANIE	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 MANUELA
7	13	14	15	16	17	18	19
	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 CELINE •19-20 SUP YOGA LEA •19:30-21:30 KAKAO ZEREMONIE	19-20 RÜCKEN YOGA ALENA	19-20 SLOW DOWN FRIDAY ALINA	9-10 HATHA YOGA LAURA	10.30-11.30 CHILLIGER SONNTAG LENI
8	20	21	22	23	24	25	26
	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 LAURA •18-19 SUMMER SUNNY FLOW ALENA •19-20 SUP YOGA LEA •19:30-20:30 YOGA NIDRA MELANIE	19-20 RÜCKEN YOGA LARISSA	19-20 SLOW DOWN FRIDAY ELENA	9-10 HATHA YOGA LAURA •10.30 - 11.30 AN HOUR OF INTENTION CRISTINA	10.30-11.30 CHILLIGER SONNTAG ELENA
9	27	28	29	30	31		
	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 LISA	5.45-6.45 MORNING CHALLENGE LAURA •18-19 SUMMER SUNNY FLOW JASMIN •19-20 SUP YOGA LAURA	19-20 RÜCKEN YOGA LENI	19-20 SLOW DOWN FRIDAY ALINA		