

CALENDARIO INTEGRATO YAP INTEGRAL YOGA CENTRE • COMPAGNIA DEI MERLI BIANCHI • YAP SPECIALIZED YOGA

(giugno 2021)

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
8:00/8:30 online MEDITAZIONE Ale C. • gratuito	7:15/7:45 online AUTOMASSAGGIO FACCIALE Antonio • gratuito	8:30/9:00 online MEDITAZIONE Donatella • gratuito		9:00/9:30 online MEDITAZIONE Ale Z. • gratuito	9:00/9:40 online AUTOMASSAGGIO Antonio • gratuito
8:30/10:00 online INTEGRAL YOGA Ale Z. (Merli B.)	10:00/11:15 Teramo + online QI GONG TERAPEUTICO Antonio	9:30/10:45 Teramo +online YOGA HIMALAYANO Donatella		9:30/11:00 Campli +online INTEGRAL YOGA Loretta	
	11:30/12:45 Teramo +online YOGATHERAPY ICTUS Ale C.			9:30/11:15 Teramo +online INTEGRAL YOGA ACCESSIBILE Ale C.	
16:30/17:45 Teramo +online TAI QI Antonio	16:00/17:30 Teramo +online INTEGRAL YOGA ACCESSIBILE Ale C.		16:30/17:45 Teramo +online TAI QI Antonio		16:30/17:30 Teramo INTEGRAL YOGA BIMBI Ale Z. (mensile)
18:00/19:30 Campli + online INTEGRAL YOGA Loretta	18:30/20:00 Teramo +online INTEGRAL YOGA Ale C.	18:15/19:30 Teramo +online TAI QI Antonio	18:30/20:00 Teramo +online INTEGRAL YOGA Elena	18:20/20:00 Teramo +online INTEGRAL Y. avanzamento Ale C	18:00/19:15 Teramo +online TAI QI Antonio
18:00/19:30 Teramo +online INTEGRAL YOGA ACCESSIBILE Ale C.			18:00/19:30 Teramo +online INTEGRAL YOGA ACCESSIBILE Ale C.	18:30/20:00 online INTEGRAL YOGA Ale Z. (Merli B.)	
19:45/20:15 Campli +online PRATICHE SOTTILI* Loretta • gratuito		19:45/20:15 Teramo +online PRATICHE SOTTILI* Ale Z. • gratuito			
20:30/22:00 Teramo +online INTEGRAL YOGA Ale Z.	20:30/22:00 Campli +online INTEGRAL YOGA Elena	20:30/22:00 Teramo +online INTEGRAL YOGA Ale Z.		20:30/22:00 Campli +online INTEGRAL YOGA Loretta	
	20:30/22:00 online INTEGRAL YOGA Ale Z. (Merli B.)				

LEGENDA:

YAP Teramo

TAI CHI Teramo/Campoli

YAP Campoli

Online (YAP e Merli Bianchi)

YAP Specialized Yoga

TUTTE le pratiche vengono trasmesse ANCHE ONLINE.

* PRATICHE SOTTILI: Rilassamento guidato, tecniche respiratorie e/o meditazione