

Modul 1	Torsdag 21/11 2019	Fredag 22/11 2019	Lördag 23/11 2019	Söndag 24/11 2019
Lärare	Jenny Lindgren	Jenny Lindgren	Jenny Lindgren	Jenny Lindgren
09.00-10.00	x	Yin Yoga	Yin Yoga	Yin Yoga
10.00-11.00	x	Yin Yoga	Yin Yoga	Yin Yoga
11.00-12.00	x	Yin Yoga	Yin Yoga	Yin Yoga
12.00-13.00	x	Lunch	Lunch	Lunch
13.00-14.00	x	Yin Yoga	Yin Yoga	Yin Yoga
14.00-15.00	x	Yin Yoga	Yin Yoga	Yin Yoga
15.00-16.00	x	Yin Yoga	Yin Yoga	Yin Yoga
16.00-17.00	Välkomna	Yin Yoga	Yin Yoga	x
17.00-18.00	Yin Yoga	x	x	x
18.00-19.00	Yin Yoga	x	x	

Med reservation för schemaändringar.

Modul 2	Torsdag 16/1 2020	Fredag 17/1 2020	Lördag 18/1 2020	Söndag 19/1 2020
Lärare	Jenny Lindgren	Jenny Lindgren	Jenny Lindgren	Jenny Lindgren
09.00-10.00	x	Yin Yoga	Yin Yoga	Yin Yoga
10.00-11.00	x	Yin Yoga	Yin Yoga	Yin Yoga
11.00-12.00	x	Yin Yoga	Yin Yoga	Yin Yoga
12.00-13.00	x	Lunch	Lunch	Lunch
13.00-14.00	x	Yin Yoga	Yin Yoga	Yin Yoga
14.00-15.00	x	Yin Yoga	Yin Yoga	Yin Yoga
15.00-16.00	x	Yin Yoga	Yin Yoga	Yin Yoga
16.00-17.00	Yin Yoga	Yin Yoga	Yin Yoga	x
17.00-18.00	Yin Yoga	x	x	x
18.00-19.00	Yin Yoga	x	x	

Med reservation för schemaändringar.

Modul 3	Torsdag 13/2 2020	Fredag 14/2 2020	Lördag 15/2 2020	Söndag 16/2 2020
Lärare	Jenny Lindgren	Jenny Lindgren	Sarah Jonsson	Sarah Jonsson
09.00-10.00	x	Yin Yoga	Restorative Yoga	Restorative Yoga
10.00-11.00	x	Yin Yoga	Restorative Yoga	Restorative Yoga
11.00-12.00	x	Yin Yoga	Restorative Yoga	Restorative Yoga
12.00-13.00	x	Lunch	Lunch	Lunch
13.00-14.00	x	Yin Yoga	Restorative Yoga	Restorative Yoga
14.00-15.00	x	Yin Yoga	Restorative Yoga	Restorative Yoga
15.00-16.00	x	Yin Yoga	Restorative Yoga	Restorative Yoga
16.00-17.00	Yin Yoga	Yin Yoga	Restorative Yoga	x
17.00-18.00	Yin Yoga	x	x	x
18.00-19.00	Yin Yoga	x	x	

Med reservation för schemaändringar.

Modul 4	Torsdag 19/3 2020	20/3 2020	Lördag 21/3 2020	Söndag 22/3 2020
Lärare	Sandra Grundstoff	Sandra Grundstoff	Sarah Jonsson	Sarah Jonsson
09.00-10.00	x	Kreativ Yoga Nidra	Restorative Yoga	Restorative Yoga
10.00-11.00	x	Kreativ Yoga Nidra	Restorative Yoga	Restorative Yoga
11.00-12.00	x	Kreativ Yoga Nidra	Restorative Yoga	Restorative Yoga
12.00-13.00	x	Lunch	Lunch	Lunch
13.00-14.00		Kreativ Yoga Nidra	Restorative Yoga	Restorative Yoga
14.00-15.00		Kreativ Yoga Nidra	Restorative Yoga	Restorative Yoga
15.00-16.00	x	Kreativ Yoga Nidra	Restorative Yoga	Restorative Yoga
16.00-17.00	Kreativ Yoga Nidra	Kreativ Yoga Nidra	Restorative Yoga	x
17.00-18.00	Kreativ Yoga Nidra	Kreativ Yoga Nidra	x	x
18.00-19.00	Kreativ Yoga Nidra	x	x	

Med reservation för schemaändringar.

Modul 5	Torsdag 16/4 2020	Fredag 17/4 2020	Lördag 18/4 2020	Söndag 19/4 2020
Lärare	Sandra Grundstoff	Sandra Grundstoff	Jenny Lindgren + Sandra Grundstoff	Jenny Lindgren + Sandra Grundstoff
09.00-10.00	x	Kreativ Yoga Nidra	Yin Yoga/ examinering	Yin Yoga/ examinering
10.00-11.00	x	Kreativ Yoga Nidra	Yin Yoga/ examinering	Yin Yoga/ examinering
11.00-12.00	x	Kreativ Yoga Nidra	Yin Yoga/ examinering	Yin Yoga/ examinering
12.00-13.00	x	Lunch	Lunch	Lunch
13.00-14.00	x	Kreativ Yoga Nidra	Yin Yoga/ examinering	Yin Yoga
14.00-15.00	x	Kreativ Yoga Nidra	Yin Yoga/ examinering	Yin Yoga
15.00-16.00	x	Kreativ Yoga Nidra	Yin Yoga/ examinering	Sharingcirkel Diplomutdelning Avslutning
16.00-17.00	Kreativ Yoga Nidra	Kreativ Yoga Nidra	Yin Yoga/ examinering	
17.00-18.00	Kreativ Yoga Nidra	Kreativ Yoga Nidra	x	
18.00-19.00	Kreativ Yoga Nidra	x	x	

Med reservation för schemaändringar.