

VECKA	MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
43 22–28/10	17.30–18.45 <i>Fiery flow/ Cura</i>	17.30–18.45 <i>Fiery flow/ Elin</i>	17.30–18.45 <i>Steady flow/ Elin</i>	17.30–18.45 <i>Yin Fusion/ Steph</i>		09.00–10.15 <i>Steady flow/ Steph</i>	<i>Steady Flow</i> <i>Mjuk och följsam</i> <i>flowyoga som passar</i> <i>de flesta</i>
	19.00–20.00* <i>Asana Lab/ Steph</i>	19.00–20.15 <i>Steady flow/ Elin</i>	19.00–20.15 <i>Yin Fusion/ Cura</i>	19.00–20.15 <i>Fiery flow/ Steph</i>			
44 29/10–4/11	17.30–18.45 <i>Fiery flow/ Cura</i>	17.30–18.45 <i>Fiery flow/ Cura</i>	17.30–18.45 <i>Steady flow/ Steph</i>	17.30–18.45 <i>Yin Fusion/ Steph</i>		09.00–10.15 <i>Steady flow/ Cura</i>	<i>Fiery Flow</i> <i>Dynamisk vinyasa för</i> <i>dig som vill svettas och</i> <i>utveckla din practice</i>
		19.00–20.15 <i>Steady flow/ Cura</i>	19.00–20.15 <i>Yin Fusion/ Steph</i>	19.00–20.15 <i>Fiery flow/ Steph</i>			
45 4–11/11	17.30–18.45 <i>Fiery flow/ Cura</i>	17.30–18.45 <i>Fiery flow/ Cura</i>	17.30–18.45 <i>Steady flow/ Cura</i>	17.30–18.45 <i>Yin Fusion/ Steph</i>		09.00–10.15 <i>Steady flow/ Pernilla</i>	<i>Yin Fusion</i> <i>Vilsam, djupgående</i> <i>mix av yinyoga, restor-</i> <i>ative och långsam flow</i> <i>för alla</i>
		19.00–20.15 <i>Steady flow/ Cura</i>	19.00–20.15 <i>Yin Fusion/ Cura</i>	19.00–20.15 <i>Fiery flow/ Steph</i>			
46 12–18/11	17.30–18.45 <i>Fiery flow/ Cura</i>	17.30–18.45 <i>Fiery flow/ Cura</i>	17.30–18.45 <i>Steady flow/ Steph</i>	17.30–18.45 <i>Yin Fusion/ Steph</i>		09.00–10.15 <i>Steady flow/ Kit</i>	<i>Flow Fest</i> <i>Dynamisk vinyasa</i> <i>för vana yogis och</i> <i>yogalärare</i>
	19.00–20.00* <i>Nybörjar/Kit</i>	19.00–20.15 <i>Steady flow/ Cura</i>	19.00–20.15 <i>Yin Fusion/ Cura</i>	19.00–20.15 <i>Fiery flow/ Steph</i>		11.00–13.30 <i>Ayurveda ns**</i>	
47 19–25/11	17.30–18.45 <i>Fiery flow/ Cura</i>	17.30–18.45 <i>Fiery flow/ Cura</i>	17.30–18.45 <i>Steady flow/ Kit</i>	17.30–18.45 <i>Yin Fusion/ Steph</i>		09.00–10.15 <i>Steady flow/ Kit</i>	<i>Nybörjar</i> <i>Kurs för dig som</i> <i>aldrig yogat förut</i> <i>eller vill återgå till</i> <i>grunderna</i>
	19.00–20.00* <i>Nybörjar/Kit</i>	19.00–20.15 <i>Steady flow/ Cura</i>	19.00–20.15 <i>Yin Fusion/ Cura</i>	19.00–20.15 <i>Fiery flow/ Steph</i>			
48 26/11–2/12	17.30–18.45 <i>Fiery flow/ Cura</i>	17.30–18.45 <i>Fiery flow/ Kit</i>	17.30–18.45 <i>Steady flow/ Steph</i>	17.30–18.45 <i>Yin Fusion/ Steph</i>		09.00–10.15 <i>Steady flow/ Elin</i>	<i>Asana Lab</i> <i>Kurs för dig som vill</i> <i>gå in på djupet på</i> <i>grundpositioner –</i> <i>både teoretiskt och</i> <i>praktiskt</i>
	19.00–20.00* <i>Nybörjar/Kit</i>	19.00–20.15 <i>Steady flow/ Kit</i>	19.00–20.15 <i>Yin Fusion/ Cura</i>	19.00–20.15 <i>Fiery flow/ Steph</i>			
49 3–9/12	17.30–18.45 <i>Fiery flow/ Cura</i>	17.30–18.45 <i>Fiery flow/ Elin</i>	17.30–18.45 <i>Steady flow/ Steph</i>	17.30–18.45 <i>Yin Fusion/ Steph</i>		09.00–10.15 <i>Steady flow/ Elin</i>	<i>*Kurs, ej inkluderat i</i> <i>årskort</i> <i>**Event, ej inkluderat</i> <i>i årskort</i>
	19.00–20.00* <i>Nybörjar/Elin</i>	19.00–20.15 <i>Steady flow/ Elin</i>	19.00–20.15 <i>Yin Fusion/ Cura</i>	19.00–20.15 <i>Fiery flow/ Steph</i>			
50 10–16/12	17.30–18.45 <i>Fiery flow/ Cura</i>	17.30–18.45 <i>Fiery flow/ Elin</i>	17.30–18.45 <i>Steady flow/ Steph</i>	17.30–18.45 <i>Yin Fusion/ Steph</i>		09.00–10.15 <i>Steady flow/ Elin</i>	<i>Priser och mer info på</i> <i>www.yogalito.se</i>
	19.00–20.00* <i>Nybörjar/Elin</i>	19.00–20.15 <i>Steady flow/ Elin</i>	19.00–20.15 <i>Yin Fusion/ Cura</i>	19.00–20.15 <i>Fiery flow/ Steph</i>	18.00–19.30 <i>Flow Fest**</i>		