

PLANNING YAMA YOGA - MARSEILLE - 2026-2027

LUNDI

7h-9h

Mysore

Virginia/Agathe

MARDI

7h-9h

Mysore

Nicolas

MERCREDI

7h-9h

Mysore

Justine

JEUDI

7h-9h

Mysore

Ashtanga
& Prana Vashya
Juliette

VENDREDI

7h-9h

Mysore

Juliette

SAMEDI

9h-10h45

1re série dirigée

Juliette/Justine
Agathe

DIMANCHE

12h15-13h45

Back Bend

Agathe

12h15-13h30

Ashtanga

Nicolas

12h15-13h45

Mysore

Justine/Juliette

12h15-13h30

Ashtanga

Juliette

12h15-13h30

Prana Vashya

les bases
Agathe/Juliette

1re série

Prana Vashta

1 fois/trimestre

1re série

en Full Vinyasa

1 fois/trimestre

17h-18h15

Ashtanga

Virginia

17h30-18h45

Ashtanga sur

donation

Antoine/Justine
Audrey/Joanna

18h-19h15

Yoga du dimanche

Agat/Antoine
Audrey/Joanna

19h15-20h30

Ashtanga les

bases

Nicolas

18h30-20h30

Mysore

Justine

18h30-20h

Back Bend

Force & Souplesse
Juliette

18h30-19h30

Renforcement

& Pilates

Agathe

18h30-20h

Mysore/Ashtanga

Virginia