

# Erlebe mit be yogi, wie Yoga dir guttut.



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Montag	Dienstag	Mittwoch	Donnerstag	Freitag
<p>♥ <b>Morning Flow</b> 07:15 - 08:30 Online &amp; Studio</p>	<p>♥ <b>Feel good Flow</b> 07:15 - 08:30 Online &amp; Studio</p>	<p>♥ <b>Sunrise Hatha</b> 07:15 - 08:30 Online &amp; Studio</p>	<p>♥ <b>Morning Flow</b> 07:15 - 08:30 Online &amp; Studio</p>	<p>♥ <b>Wake up Flow</b> 07:15 - 08:30 Online &amp; Studio</p>
<p>🌀 <b>Feel yourself</b> 10:00 - 11:15 Online &amp; Studio</p>	<p>🌀 <b>Fascial Flow</b> 10:00 - 11:15 Studio</p>	<p>🌀 <b>Healthy Hatha</b> 10:00 - 11:15 Online &amp; Studio</p>	<p>🌀 <b>Feel yourself</b> 10:00 - 11:15 Online &amp; Studio</p>	<p>🌀 <b>Me Time</b> 10:00 - 11:15 Online &amp; Studio</p>
<p>♥ <b>Joyful Lunch</b> 12:30 - 13:00 Online</p>	<p>🌸 <b>Midday Meditation</b> 12:30 - 13:00 Online</p>	<p>♥ <b>Sitting Yogi</b> 12:30 - 13:00 Online</p>	<p>🌸 <b>Breathwork Break</b> 12:30 - 13:00 Online</p>	<p>♥ <b>Dynamic Lunch</b> 12:30 - 13:00 Online</p>
<p>🔥 <b>Power Yoga</b> 18:00 - 19:15 Online &amp; Studio</p>	<p>🔥 <b>After Work</b> 18:00 - 19:15 Online &amp; Studio</p>	<p>🌀 <b>Hatha Flow</b> 18:00 - 19:15 Online &amp; Studio</p>	<p>🔥 <b>Yogilates</b> 18:00 - 19:15 Online &amp; Studio</p>	<p>🔥 <b>Flow into Weekend</b> 18:00 - 19:15 Online &amp; Studio</p>
<p>♥ <b>Deep Relax</b> 19:30 - 20:45 Online &amp; Studio</p>	<p>🌀 <b>Flow &amp; Restore</b> 19:45 - 21:00 Online &amp; Studio</p>	<p>♥ <b>Rücken-Yoga</b> 19:45 - 21:00 Online &amp; Studio</p>	<p>🌀 <b>Slow Vinyasa Love</b> 19:45 - 21:00 Studio</p>	<p>🌀 <b>Vin &amp; Yin</b> 19:45 - 21:00 Online &amp; Studio</p>

Änderungen vorbehalten; Stundenplan mit Weekend-Specials & Buchung: [beyogi.de/yoga-kurse](https://beyogi.de/yoga-kurse)  
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