

YOGA BRUSSELS

Yoga for every.body

programma

COMMUNITY YOGA

maandag/monday 19.30-20.30
zaterdag/saturday in het park (**vanaf maart**) 10-11

KIDS YOGA

woensdag/wednesday (3-6) 14-15
woensdag/wednesday (6-9) 15.30-16.30

MATERNITY YOGA



woensdag/wed prenatale 9-10
woensdag/wed postnatale 10.15- 11.15

XL SESSIONS & WORKSHOPS

laatste zaterdag vd maand/last 10-12 // 9-12
saturday of each month (workshop)

www.yogabrussels.be
info@yogabrussels.be