



Dedicate

YOGA & POSTURAL STUDIO

	LUNI	MARTI	MIERCURI	JOI	VINERI	SAMBATA	DUMINICA
10.00						YOGA FLOW (60 min) Alexandra Conac	WORKSHOPS DAY to be announced
11.00	YOGA (60 min) Alexandra Conac	PILATES (60 min) Alexandra Conac		PILATES (60 min) Alexandra Conac	YOGA (60 min) Alexandra Conac	BREATHE & MEDITATE (30 min) Alexandra Conac	
12.00						PILATES (60 min) Alexandra Conac	
17.00	RAINBOW YOGA FOR KIDS (45 min) Alexandra Conac	RAINBOW YOGA FOR KIDS (45 min) Alexandra Conac	RAINBOW YOGA FOR KIDS (45 min) Alexandra Conac	RAINBOW YOGA FOR KIDS (45 min) Alexandra Conac	RAINBOW YOGA FOR KIDS (45 min) Alexandra Conac		
18.30		VINYASA YOGA (60 min) Alexandra Conac	YOGA with PROPS (90 min) Alexandra Conac	INTRODUCTORY YOGA (60 min) Alexandra Conac	YIN BALANCING (120 min) cu Satto		
19.00	KUNDALINI YOGA (90 min) Ana Popescu						
20.00				POSTURAL ALIGNMENT (60 min) by Tiberiu Vintiloiu			
20.15		POSTURAL ALIGNMENT (60 min) by Tiberiu Vintiloiu					

*class customized depending on level of people coming to class.

** family brunches including bonding activities of yoga and games, will be announced on spot.

*** please come with 15 minutes before classes to the studio, with a towel for your own practice.

**** We recommend not drinking water 30 minutes before each class, and the meal should be an easy one. After the class it is advisable to hydrate.