

CHRISTMAS & NEW YEARS 24/25

23 DEC 2024 – 12 JAN 2025



| MÅNDAG | TISDAG | ONSDAG | TORSDAG | FREDAG | LÖRDAG | SÖNDAG |
|---|--|---|---|--|---|--|
| <p>23/12</p> <p>10.00–11.30 ★ CHRISTMAS FLOW Malin</p> | <p>CHRISTMAS EVE PRACTICE LOVE</p> | <p>11.00–12.30 ★ CHRISTMAS DAY YANG/YIN Eva E</p> | <p>26/12</p> <p>10.00–11.30 VINYASA Sudheesh</p> <p>16.30–18.00 RESTORATIVE Mirja</p> | <p>27/12</p> <p>10.00–11.30 HATHA Hanna</p> <p>16.00–17.30 BLOW OUT! Fredrik ★</p> | <p>28/12</p> <p>08.30–09.30 HATHA Victoria</p> <p>10.00–11.30 CHAKRA CHANTS YOGA! ★ Fredrik</p> <p>16.00–18.00 CHRISTMAS SURPRISE! ★ Alex & Hanna</p> | <p>29/12</p> <p>10.00–11.30 YANG/YIN Sudheesh</p> <p>16.00–18.00 ★ COMMUNITY KIRTAN Everybody!</p> |
| <p>30/12</p> <p>12.00–13.00 HATHA Hanna</p> <p>17.30–19.00 HATHA Sudheesh</p> | <p>NEW YEARS EVE</p> <p>10.00 – 11.30 NEW YEARS FLOW Victoria ★</p> | <p>NEW YEARS DAY REST & LET GO!</p> | <p>2/1</p> <p>12.00–13.00 HATHA Victoria</p> <p>17.30–19.00 VINYASA WITH LIVEMUSIC ★ IN SHAVASANA Victoria + Jenny</p> | <p>3/1</p> <p>12.00–13.00 VINYASA Victoria</p> | <p>4/1</p> <p>09.00–10.30 THEME CLASS: NEW BEGINNINGS Eva O ★</p> | <p>5/1</p> <p>10.00–11.30 YANG/YIN Sudheesh</p> <p>16.30–18.00 RESTORATIVE Mirja</p> |
| <p>6/1</p> <p>TRETTONDAGSAFTON</p> <p>17.30–19.30 ★ THEME CLASS ANAHATHA FLOW Malin</p> | <p>7/1</p> <p>07.00–08.00 HATHA Victoria</p> <p>12.00–13.00 VINYASA Victoria</p> <p>17.30–19.00 VINYASA Victoria</p> <p>19.30–21.00 YIN Victoria</p> | <p>8/1</p> <p>12.00–13.00 YINYOGA Victoria</p> <p>17.30–19.00 FLOW & RESTORE Veronica ★</p> | <p>9/1</p> <p>09.00–10.00 HATHA Linnéa</p> <p>12.00–13.00 HATHA Victoria</p> <p>17.30–19.00 NEW YEARS SURPRISE Susheel & Victoria ★</p> | <p>10/1</p> <p>12.00–13.00 VINYASA Victoria</p> | <p>11/1</p> <p>08.30–09.30 HATHA Victoria</p> <p>10.00–11.30 VINYASA Victoria</p> | <p>12/1</p> <p>10.00–11.30 YANG/YIN Sudheesh</p> <p>12.00–13.00 HATHA Petra</p> <p>16.30–18.00 RESTORATIVE Mirja</p> |

★ = MERRY CHRISTMAS! EXTRA SPECIAL CHRISTMAS CLASS INCLUDED IN YOUR MEMBERSHIP.

Classes with livemusic or led by two teachers will not be live streamed because the technique does not support that. See your booking to see wich classes that are online. Classes are available to everyone with a membership wich can be purchased on our website. Check out our special HAPPY XMAS membership wich gives you access to this whole schedule for only 950 sek. Community Kirtan is free of charge for anyone to join. Please sign up in the app so we know how many we will be. Love from us all to all of you!