

at the studio
 at the studio & online
 online only

Weekly class schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8:00–9:00 Rise & Flow with Johanna		8:00–9:00 Rise & Flow with Johanna	11:00–12:30 Singing Circle with Frances (every 1st & 3rd Saturday)	Reserved for workshops, trainings and community events.
	9:30–10:30 Pre-natal Yoga with Milagros					
	11:00–12:00 Yoga & Somatics for back pain with Katrin (in 6-week blocks)			12:30–13:30 Hatha Flow with Johanna		
		13:00–14:00 Yoga & Somatics for back pain with Katrin	13:00–14:00 Yoga & Somatics for mobility with Katrin	12:30–13:30 Hatha Flow with Michi		
	18:00–19:30 Breathwork for men with Tom		18:30–19:30 Hatha Flow with Johanna			
18:30–19:30 Yin Yoga with Isabel	18:30–19:30 Yin & Yang with Johanna	18:30–19:30 Restorative Yoga & Somatics to de-compress with Katrin	18:30–19:30 Hatha Flow with Michi	18:30–19:30 Yin Yoga with Johanna		
Deep Rest with Martina & Lucy (every 1st Monday)					Reserved for workshops, trainings and community events.	
Breathwork to Connect with Tom (every 2nd Monday)						
Psychedelic Curiosity Circle with Myrthe & Jorge (every 3rd Monday)	20:00–21:00 Vinyasa Flow with Marie			20:00–21:30 Inner Peace Sound Bath with Gonçalo (every 2nd & 4th Friday)		
Community Singing for Wellbeing with Kate (every 4th Monday)						18:30–20:00 Flow & Rest - the Circle with Martina (every 2nd Sunday)

Book your class: www.littleyogaspacelisboa.com/schedule-and-prices