

Weekly class schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8:00–9:00 Rise & Flow with Johanna			Reserved for workshops, trainings and community events.	Reserved for workshops, trainings and community events.
9:00–10:00 Yoga Stretch with Birute	9:30–10:30 Pre-natal Yoga with Milagros		9:00–10:00 Good Morning Mindful Flow with Birute	9:00–10:00 Vinyasa Flow with Marie		
	11:00–12:00 Yoga and Somatics for back pain (in 6-week blocks only) with Katrin	11:30–12:30 Mum & Baby Yoga with Martina	11:00–12:00 Spanda Vinyasa with Bruno			
12:30–13:30 Lunchtime Yoga Flow with Martina		13:00–14:00 Yoga and Somatics for back pain with Katrin	13:00–14:00 Gentle Yoga Flow with Katrin	12:30–13:30 Hatha Flow with Johanna		
	18:30–19:30 Yin & Yang with Johanna	18:00–19:00 Community Meditation Circle with Tessa		18:30–19:30 Yin Yoga with Johanna		
18:30–19:30 Mixed Hatha with Birute	18:30–19:30 Flow and Rest (Yoga Flow and Yoga Nidra) with Martina	18:30–19:30 Yoga Restore & Release with Katrin	18:30–19:30 Hatha Flow with Johanna	18:30–19:30 Yin Yoga with Isabel		
Deep Rest with Martina & Lucy (every 1st Monday) Die-alogues, Untangle or Psychedelic Curiosity Circle (alternating) with Myrthe	20:00–21:00 Vinyasa Flow with Marie		SPECIAL EVENTS OR COURSES	20:00–21:30 Inner Peace Sound Bath (every 2nd & 4th Friday) with Gonçalo		
					18:30–20:00 Yoga Nidra (every 2nd Sunday) with Martina	18:30–19:30 Somatic Sundays (every 3rd Sunday) with Lucy

- at the studio
- at the studio & online
- online only

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