

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.	
09:00–10:00 Kundalini Yoga with Amanda	9:30–10:30 Pre-natal Yoga with Milagros		9:00–10:00 Vinyasa Flow with Isabel	9:00–10:00 Rise & Flow with Johanna			
	11:00–12:00 Yoga & Somatics for back pain with Katrin		11:00–12:00 Vinyasa Flow with Bruno				
		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 Johanna			
	18:00–19:30 Breathwork for men with Tom						
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 Johanna	18:30–19:30 Yin Yoga with Johanna			18:30–20:00 Flow & Rest – the Circle with Martina (every 2nd Sunday)
Deep Rest with Martina & Lucy (every 1st Monday) Die-alogues with Myrthe (every 2nd Monday) Psychedelic Curiosity Circle with Myrthe & Jorge (every 3rd Monday)	20:00–21:00 Vinyasa Flow with Bruno	20:00–21:00 Community Meditation Circle with Tessa	20:00–21:00 Autumn Hatha Yoga with Amanda	20:00–21:30 Inner Peace Sound Bath with Gonçalo (every 2nd & 4th Friday)			18:30–19:30 Somatic Sundays with Lucy (every 3rd Sunday)

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

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