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	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 Meditation Circle with Tessa	9:00-10:00 Yoga Stretch 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			
13:00-13:45 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		
	18:00-19:00 Yin & Yang with Johanna			18:30-19:30 Yin Yoga with Johanna		
18:30-19:30 Mixed Hatha with Birute	18:00-19:00 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	SPECIAL EVENTS OR COURSES	20:00-21:30 Breathwork with Rio	20:00-21:00 Vinyasa Flow with Marie	20:00-21:30 Inner Peace Sound Bath (every 2nd & 4th Friday) with Gonçalo		20:00-21:00 Yoga Nidra with Martina

at the studio
at the studio & online
online only

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