

SALA BIANCA

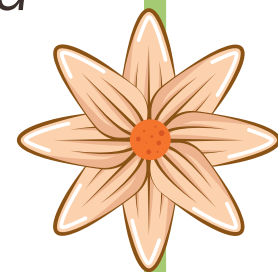
# Corsi Settimanali



La sala negli altri orari è  
destinata a lezioni individuali

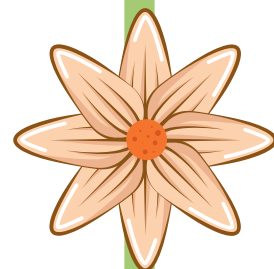
**Lunedì**

**19.30-20.45**  
Meditazione  
*Valentina*

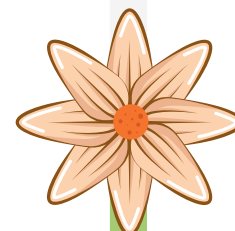


**Martedì**

**10:15-11.30**  
Meditazione  
*Valentina*

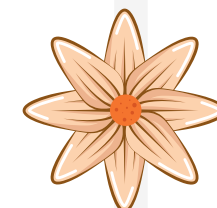


**Mercoledì**



**Giovedì**

**20:15-21.30**  
Mindfulness  
*Dhyani*



**Venerdì**



**Sabato**

**8.30-10.00**  
Camminata  
consapevole  
e respiro  
*Laura*

**10.00-11.30**  
Attivazioni  
bioenergetiche  
*Laura*

