

# SALA VERDE

# Corsi Settimanali



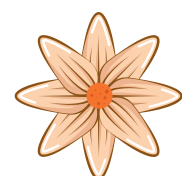
## Lunedì

**09.00-10.00**

Ginnastica  
Posturale  
*Barbara*

**10.15-11.15**

Ginnastica  
posturale  
*Gaia*



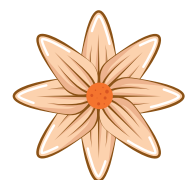
**19.00-20.00**

Pilates Athletic  
*Cristina*

**20.15-21.45**

Yin Yoga  
Yoga Nidra  
*Donata*

## Martedì



**12.45-13.30**

Benessere in  
pausa pranzo  
*Laura*

**17.00-19.00**

Taiji e qi gong  
*Antonio*

**19.00-20.00**

Hatha Yoga  
*Elisa*

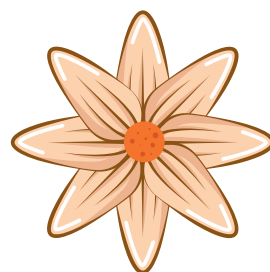
**20.15-22.15**

Autostima e  
pensiero creativo  
*Laura*

## Mercoledì

**10.00-11.15**

Mum & Baby  
Yoga  
*Barbara*



**19.00-20.00**

Mat Pilates  
*Cristina*

**20.15-21.45**

Hatha Yoga  
*Donata*

## Giovedì



**12.45-13.45**

Yoga  
Sciamanico  
*Barbara*

**18.30-19.30**

Ginnastica  
posturale  
*Saverio*

**19.30-20.30**

Functional  
Stretching  
*Tais*

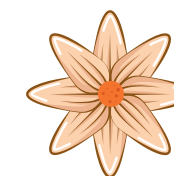
**20.30-21.30**

Frame up Strip  
*Tais*

## Venerdì

**10.30-11.30**

Taiji e qi gong  
*Antonio*



**17.30-18.45**

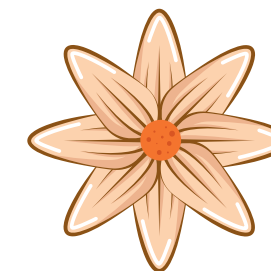
Yoga  
Sciamanico  
*Barbara*

**19:00-20:15**

Yoga  
Sciamanico  
*Barbara*



## Sabato



**Nel fine  
settimana  
ospitiamo  
formazioni ed  
eventi olistici**



per Corsi  
Olistici