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| **Montag** | **Dienstag** | **Mittwoch** | **Donnerstag**  | **Freitag** | **Samstag** | **Sonntag** |
| 8.30 –9.30 Inner Poise Morning Flow |  | 8.30 –9.30 Inner Poise Morning Flow |  |  | *1x im Monat**10.00 -12.00* *Let’s Talk about your Inner Poise**(Austausch & Selbstcoaching-Impulse zu Selbstbewusstsein, Gelassenheit, Klarheit und Kommunikation)*  |  |
| 12.00 – 12.30 Atem & Stimme |  | 12.00 – 12.30 Meditation |  |  |  |  |
|  | 19.30 – 20.30 Uhr Inner Poise YogaVinyasa |  | 20.00 – 21.00 Inner Poise Yoga:Yin |  |  |  |