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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 Yoga  Vinyasa |  | 20.00 – 21.00 Inner Poise Yoga:  Yin |  |  |  |