

August 2021

FIRE



Yoga with
Daniele

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	1
2 Wake up & shine Hatha 30 min 8:00	3	4 Stability and core (60 min) 18:00	5	6 Hatha (75 min) 18:00	7	8 Full Moon practice (60 min) 18:00
9	10	11 Yoga Nidra (30 min) 18:30	12 Hatha (75 min) 18:00	13	14	15 Wake up & shine 30 min 9:00
16 Wake up & shine Hatha 30 min 8:00	17	18 Fire Practice (60 min) 16:30	19	20 Hatha (75 min) 18:00	21	22 New moon practice (60 min) 18:00 
23	24	25 Yoga Nidra (30 min) 18:30	26 Hatha (75 min) 18:00	27	28	29 Wake up & shine 30 min 9:00
30	31 Hatha (75 min) 18:00	1	2	3	4	5

Download the calendar of this month