

# YOMONDIS

Kursplan 13.7.2025

	Park Open Air	von Berckheim Saal
09.00 ▼ 10.00	<b>Birgit Günthel</b> Von ganzem Herzen Yoga (easy flow)	<b>Regina Schulzki</b> BODEGA reflow® – Soul Flow
10.15 ▼ 11.15	<b>Stefanie Rohr</b> SAMMOLAHARI® – feel free	<b>Esther Belz &amp; Dennis Weber</b> Acroyoga
11.30 ▼ 12.30	<b>Sarah Stöck</b> BODEGA moves® Strenght & Powerful	<b>Claudia Hahn</b> VINYASA Yoga
12.45 ▼ 13.45	<b>Tobias Schalyo</b> The SAMMOLAHARI® Yang Power	<b>Petra Havelkova</b> Heartbeat Yoga
14.00 ▼ 15.00	<b>Ranja Weis</b> Yin Yoga	<b>Steffi Stiefvater</b> BODEGA moves® goes Slow & Healthy
15.15 ▼ 16.15	<b>Petra Havelkova</b> DAYO – Dance Yoga	<b>Tasja Walther</b> Chakren Power & Meditation (BODEGA reflow®)
16.30 ▼ 17.30	<b>Ranja Weis</b> Yoga Nidra	<b>Alison Dietl</b> BODEGA® free style “Discover your Irish warrior”