





















<i><b>corsi</b></i>	<b>09</b> .00 .30	<b>10</b> .00 .30	<b>11</b> .00 .30	<b>12</b> .00 .30	<b>13</b> .00 .30	<b>14</b> .00 .30	<b>15</b> .00 .30	<b>16</b> .00 .30	<b>17</b> .00 .30	<b>18</b> .00 .30	<b>19</b> .00 .30	<b>20</b> .00 .30	<b>21</b> .00 .30
<i>lunedì</i>													
<i>martedì</i>													
<i>mercoledì</i>													
<i>giovedì</i>													
<i>venerdì</i>													



Yoga



Yoga Posturale



Yoga Nidra