



# YogaTopia

## 2021 SCHEDULE

Geissbuelstrasse 21, 8704 Herrliberg | [www.yogatopia.ch](http://www.yogatopia.ch)

Monday	07:45 - 09:15 Yoga & Focia Release sign in - all levels Patricia Metzger	09:30 - 11:00 Hatha Yoga all levels Jan Leys			14:00 - 18:00 Private Yoga Hypnotherapy Massage Claire Dalloz	19:45 - 20:45 Hatha Flow all levels Rachel Sundström
Tuesday				11:00 - 12:00 Senior Yoga 60+ Claire Dalloz	14:00 - 18:00 Private Yoga Hypnotherapy Massage Claire Dalloz	19:00 - 20:30 Candlelight Yoga all levels Claire Dalloz
Wednesday	08:00 - 09:00 Hatha Flow Yoga sign in   all levels Rachel Sundström	09:15 - 10:45 Deep Hatha Flow intermediate/adv. Claire Dalloz			14:00 - 18:00 Private Yoga Hypnotherapy Massage Claire Dalloz	19:30 - 21:00 Hatha Yoga all levels Jan Leys
Thursday		09:00 - 12:00 Private Yoga Aromatherapy Refelexogy Rachel Sundström		16:45 - 17:30 Kids Yoga all levels Kristin Wittmer	17:45 - 18:45 Teen Yoga all levels Kristin Wittmer	19:15 - 20:45 Yin+Yang Yoga sign in - all levels Claire Dalloz
Friday	06:00 - 07:00 Energy Flow Yoga sign in   all levels Rachel Sundström	09:00 - 10:30 Hatha Flow intermediate Claire Dalloz		11:00 - 12:15 Yin Yoga sign in - all levels Claire Dalloz	14:00 - 18:00 Private Yoga Hypnotherapy Massage Claire Dalloz	
Saturday		09:00 - 16:00 Yoga Workshops dates online Claire Dalloz				
Sunday		09:00 - 16:00 Yoga Workshops dates online Claire Dalloz		12:00 - 17:00 Mala Workshops dates online Rachel Sundström		

TO REGISTER FOR ANY OF THE ABOVE CLASSES OR TO BOOK PRIVATE YOGA / AROMATHERAPY / HYPNOTHERAPY PLEASE EMAIL: [info@yogatopia.ch](mailto:info@yogatopia.ch)

Changes to the teaching schedule can occur at any time and without prior notice.

Claire: 078 722 52 18 | Rachel: 078 609 09 68 | Patricia: 079 455 41 02 | Jan: 079 829 87 97 | Kristin: 079 404 89 69

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