



SCHEDULE

Geissbuelstrasse 21, 8704 Herrliberg | www.yogatopia.ch

Please sign in for classes with the relevant teacher.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:45 - 09:15 Yoga & Facia Release sign in - all levels Patricia Metzger	08:30 - 09:45 Hatha Flow Yoga sign in all levels Ariane Heyer	08:00 - 09:00 Hatha Flow Yoga sign in all levels Rachel Sundström	09:00 -10:00 Pre/Postnatal Yoga From 5th Sep 2024 Kristin Wittmer	06:00 - 07:00 Energy Flow Yoga sign in all levels Rachel Sundström	09:30 - 10:30 Body Sculpt From 7th Sep 2024 Kristin Wittmer & Rachel Sundström	09:00 - 16:00 Yoga Workshops dates online Claire Dalloz
09:30 - 11:00 Hatha Yoga all levels Jan Leys	11:00 - 12:00 Senior Yoga 60+ Claire Dalloz	09:15 - 10:45 Deep Hatha Flow intermediate/adv. Claire Dalloz	10:15 -11:15 Pilates Flow From 5th Sep 2024 Kristin Wittmer & Rachel Sundström	09:00 - 10:30 Hatha Flow intermediate Claire Dalloz	10:45 - 11:45 Pre/Postnatal Yoga From 7th Sep 2024 Kristin Wittmer	12:00 - 17:00 Mala Workshops dates online Rachel Sundström
				11:00 - 12:15 Yin Yoga sign in - all levels Claire Dalloz		
14:00 - 18:00 Private Yoga Hypnotherapy Massage Claire Dalloz	14:00 - 18:00 Private Yoga Hypnotherapy Massage Claire Dalloz	14:00 - 18:00 Private Yoga Hypnotherapy Massage Claire Dalloz	17:00 - 18:00 Teen Yoga From 5th Sep 2024 Kristin Wittmer	14:00 - 18:00 Private Yoga Hypnotherapy Massage Claire Dalloz		
19:45 - 20:45 Hatha Flow all levels Rachel Sundström	19:00 - 20:30 Candlelight Yoga all levels Claire Dalloz	19:30 - 20:30 Yin + Yoga Nidra every two weeks Julia Stucki	19:15 - 20:45 Yin + Yang Yoga sign in - all levels Claire Dalloz			

TO REGISTER FOR ANY OF THE ABOVE CLASSES OR TO BOOK PRIVATE YOGA / AROMATHERAPY / HYPNOTHERAPY PLEASE EMAIL: 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 | Ariane: 079 284 14 60 | Julia: 078 917 06 06 | Kristin 079 404 89 69