

Perle Intérieure

YOGA - MÉDITATION MBSR & MSC - RESTORATIVE YOGA

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
				YOGA 9H30 - 10H30	ATELIERS
MSC 13H - 15H45				YOGA ★ 10H45 - 11H45	
			YOGA ★ 17H45 - 18H45		
YOGA 18H15 - 19H15	YOGA 18H15 - 19H15	MBSR 19H - 21H30	YOGA ★ 19H - 20H		
YOGA 19H30 - 20H30	YOGA 19H30 - 20H30		RESTORATIVE YOGA ★ 20H15 - 21H15		MSC 15H - 17H45
RESTORATIVE YOGA 20H45 - 21H45					

★ COURS EN SALLE ET VISIO ZOOM