

Perle Intérieure

YOGA - MÉDITATION MBSR & MSC - RESTORATIVE YOGA

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



COURS EN SALLE ET VISIO ZOOM

PLANNING 2022/2023