



TRAININGSPLAN

Mo	08:15 - 08:45	Morning Flow Yoga	Jana & Jan
Mo	18:00 - 19:15		
Mo	19:38 - 20:53	Shaolin Qi Gong	Jan
.....			
Di	17:45 - 18:45		
Di	19:00 - 20:30	Capoeira	Marinheiro
.....			
Mi	18:15 - 19:15	Martial HEArts (TKD)	Jan
Mi	19:38 - 20:53	Vinyasa Flow Yoga	Jan
.....			
Do	08:15 - 08:45	Morning Flow Yoga	Jana & Jan
Do	18:45 - 19:20	Capoeira-Gesang	Inken
Do	19:20 - 20:30	Capoeira	Marinheiro
.....			
Fr	08:15 - 08:45	Morning Flow Yoga	Jana & Jan
Fr	18:00 - 19:00	Taiji Säbel & Peking	Jan
Fr	19:00 - 19:30	TKD Hyong	Jan
.....			
Mo - So	Sonnenaufgang	Agnihotra	15 min
Mo - So	Sonnenuntergang	Agnihotra	15 min

im Haevn am Meer (urspr. Denkerhof)

Jan & Jana
Cecilienkoog 7
25821 Reußenköge

+49 170 93 88 011
vital@haevn-am-meer.de

www.haevn-am-meer.de

HEILKUNST



QI GONG - YOGA