



## TRAININGSPLAN

Mo	07:30 - 08:30	Morning Flow Yoga	Jana & Jan
Mo	19:00 - 19:30	Tao Yoga	Jana
Mo	19:38 - 20:53	Shaolin Qi Gong	Jan

Di	17:45 - 18:45	Martial HEArts	Jan
Di	19:00 - 20:30	Capoeira	Marinheiro

Mi	18:30 - 19:30	happy dance	Jana
Mi	19:38 - 20:53	Vinyasa Flow Yoga	Jan

Do	18:00 - 19:00	Akro-Yoga	Jana & Jan
Do	18:45 - 19:20	Capoeira-Gesang	Inken
Do	19:20 - 20:30	Capoeira	Marinheiro

Mo	07:30 - 08:30	Morning Flow Yoga	Jana & Jan
Fr	18:00 - 19:00	TaiChi	Jan
Fr	19:00 - 19:30	TKD Hyong	Jan

Mo - So	Sonnenaufgang	Agnihotra	15 min
Mo - So	Sonnenuntergang	Agnihotra	15 min

im Haevn (auf dem Denkerhof)

Jan & Jana  
Cecilienkoog 7  
25821 Reußenköge

vital@haevn-am-meer.de

www.haevn-am-meer.de

HEILKUNST



QI GONG - YOGA