


Febbraio 2010

| lun | mar | mer | gio | ven | sab | dom |
|--|--|--|--|--|--|---|
| <p>1</p> <p>9.30 Yoga Cantù</p> <p>10.00 Yoga Monza</p> <p>19.30 Yoga Monza</p> <p>20.00 Yoga e Yoga Nidra Cinisello</p> <p>20.30 Yoga Cantù</p> | <p>2</p> <p>17.30 Shiatsu Offerta Libera MONZA</p> <p>19.30 Yoga Cinisello</p> <p>20.00 Yoga Monza</p> <p>20.30 Yoga Cantù</p> | <p>3</p> <p>10.00 Yoga C.</p> <p>19.30 Yoga C. Yoga Monza</p> <p>19.30 Yoga Monza</p> <p>20.30 Yoga Cantù</p> | <p>4</p> <p>20.00 Yoga e Meditazione Cinisello</p> | <p>5</p> <p>17.30 Shiatsu Offerta Libera CINISELLO</p> <p>20.00 Yoga C.</p> <p>20.00 Yoga Monza</p> <p>20.30 Yoga Cantù</p> | <p>6</p> <p>h 10 Vychara II</p> <p>h 16 Vychara III</p> <p>h 18 Gurukulam</p> | <p>7</p> <p>Seminario "I CHAKRA"</p>  |
| <p>8</p> <p>9.30 Yoga Cantù</p> <p>10.00 Yoga Monza</p> <p>19.30 Yoga Monza</p> <p>20.00 Yoga e Yoga Nidra Cinisello</p> <p>20.30 Yoga Cantù</p> | <p>9</p> <p>17.30 Shiatsu Offerta Libera MONZA</p> <p>19.30 Yoga Cinisello</p> <p>20.00 Yoga Monza</p> <p>20.30 Yoga Cantù</p> | <p>10</p> <p>10.00 Yoga C.</p> <p>19.30 Yoga C. Yoga Monza</p> <p>19.30 Yoga Monza</p> <p>20.30 Yoga Cantù</p> | <p>11</p> <p>20.00 Yoga e Meditazione Cinisello</p> | <p>12</p> <p>17.30 Shiatsu Offerta Libera Cinisello</p> <p>20.00 Yoga C.</p> <p>20.00 Yoga Monza</p> <p>20.30 Yoga Cantù</p> | <p>13</p> <p>Percorso Avanzato SHIATSU</p> | <p>14</p> <p>Percorso Avanzato SHIATSU</p>  |
| <p>15</p> <p>9.30 Yoga Cantù</p> <p>10.00 Yoga Monza</p> <p>19.30 Yoga Monza</p> <p>20.00 Yoga e Yoga Nidra Cinisello</p> <p>20.30 Yoga Cantù</p> | <p>16</p> <p>17.30 Shiatsu Offerta Libera MONZA</p> <p>19.30 Yoga Cinisello</p> <p>20.00 Yoga Monza</p> <p>20.30 Yoga Cantù</p> | <p>17</p> <p>10.00 Yoga C.</p> <p>19.30 Yoga C. Yoga Monza</p> <p>19.30 Yoga Monza</p> <p>20.30 Yoga Cantù</p> | <p>18</p> <p>20.00 Yoga e Meditazione Cinisello</p> | <p>19</p> <p>17.30 Shiatsu Offerta Libera Cinisello</p> <p>20.00 Yoga C.</p> <p>20.00 Yoga Monza</p> <p>20.30 Yoga Cantù</p> | <p>20</p> <p>h 10.00 Yoga Vychara I</p> | <p>21</p> <p>h 10.00 Seminario "DANZA INDIANA"</p>  |
| <p>22</p> <p>9.30 Yoga Cantù</p> <p>10.00 Yoga Monza</p> <p>19.30 Yoga Monza</p> <p>20.00 Yoga e Yoga Nidra Cinisello</p> <p>20.30 Yoga Cantù</p> | <p>23</p> <p>17.30 Shiatsu Offerta Libera MONZA</p> <p>19.30 Yoga Cinisello</p> <p>20.00 Yoga Monza</p> <p>20.30 Yoga Cantù</p> | <p>24</p> <p>10.00 Yoga C.</p> <p>19.30 Yoga C. Yoga Monza</p> <p>19.30 Yoga Monza</p> <p>20.30 Yoga Cantù</p> | <p>25</p> <p>20.00 Yoga e Meditazione Cinisello</p> | <p>26</p> <p>17.30 Shiatsu Offerta Libera Cinisello</p> <p>20.00 Yoga C.</p> <p>20.00 Yoga Monza</p> <p>20.30 Yoga Cantù</p> | <p>27</p> | <p>28</p> <p>h 08.00 Seva Madre Teresa</p> |

17 Prove Bhajan