

PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI		
8h			KRIYA HATHA YOGA					
11h				SOPHRO		L'ATELIER FLOW (sophro & coaching)	10h30	
12h30			MEDITATION	MEDITATION		SOPHRO	VINYASA	12h30
13h30		CO-WORKING	CO-WORKING	CO-WORKING	CO-WORKING	CO-WORKING		
		BAR A SOPHRO	BAR A SOPHRO	BAR A SOPHRO	BAR A SOPHRO	BAR A SOPHRO		
		CO-WORKING	CO-WORKING	CO-WORKING	CO-WORKING	CO-WORKING		
		CO-WORKING	CO-WORKING	CO-WORKING	CO-WORKING	CO-WORKING		
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		CO-WORKING	CO-WORKING	CO-WORKING	CO-WORKING	CO-WORKING		
		CO-WORKING	CO-WORKING	CO-WORKING	CO-WORKING	CO-WORKING		
14h30							SOPHRO	14h30
16h							SOPHRO	16h
17h30					COACHING POSITIF	COACHING & APERO	YIN	17h30
19h	VINYASA DYNAMIQUE	L'ATELIER FLOW (sophro & coaching)	SOPHRO site & online	KRIYA HATHA YOGA	SOPHRO	SOPHRO	VINYASA DOUX	19h
20h				YIN A LA BOUGIE				20h

	Yoga
	Méditation, Sophro & coaching
	Séance individuelle
	Conférence
	Co-working