



HOUSE *of* HEALING
Berlin

CLASS SCHEDULE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

08:00 • 60 Min
SYNERGY YOGA FLOW
(EN)

Kristin

07:00 • 45 Min
MORNING PILATES
(EN)

Roxana

08:00 • 45 Min
QI MEDITATION (EN)

Janna

08:00 • 45 Min
MORNING GUIDED
MEDITATION (EN)

Victoria

09:30 • 60 Min
MORNING YOGA FLOW
(EN)

Patnari

08:00 • 60 Min
WAKE UP! MORNING
YOGA FLOW (EN)

Lena-Valentina

09:30 • 60 Min
MORNING QI GONG
FLOW (EN)

Janna

10:00 • 75 Min
ASHTANGA BASED
VINYASA FLOW (EN)

David

12:15 • 60 Min
ASHTANGA BASED
VINYASA FLOW (EN)

David

10:00 • 60 Min
SUNDAY MORNING
FLOW (EN)

Maria-Lisa

12:00 • 45 Min
PILATES (EN)

Agostina

12:00 • 60 Min
POWER PILATES (EN)

Agostina

09:30 • 60 Min
VINYASA FLOW (EN)

Francesca

12:00 • 45 Min
PILATES (EN)

Agostina

12:00 • 60 Min
CORE PILATES (EN)

Roxana

17:00 • 75 Min
JIVAMUKTI OPEN (EN)

Maria-Lisa

18:00 • 60 Min
VINYASA FLOW (EN)

Lena-Valentina

12:00 • 60 Min
CORE STRENGTH YOGA
FLOW (EN)

Francesca

17:30 • 60 Min
EVENING FLOW (EN)

Kristin

19:00 • 45 Min
RELAXING GUIDED
MEDITATION (EN)

Leigh

19:30 • 60 Min
MOVEMENT MEDITATION
(EN)

Markus

18:15 • 75 Min
JIVAMUKTI OPEN (EN)

Carina

19:00 • 45 Min
RELAXING GUIDED
MEDITATION (EN)

Leigh

19:00 • 60 Min
VINYASA FLOW (EN)

Patnari

21:15 • 45 Min
EVENING SOUND BATH
(EN)

Isabella

20:00 • 60 Min
YIN YOGA (EN)

Carolina

20:30 • 60 Min
EVENING QI GONG
FLOW (EN)

Janna

WWW.HOUSEOFHEALINGBERLIN.COM