



HOUSE OF
HEALING
BERLIN

CLASS SCHEDULE

Monday

09:30 • 60 Min
MORNING YOGA FLOW
(EN)

TBA

12:00 • 45 Min
PILATES (EN)

Agostina

17:00 • 75 Min
JIVAMUKTI OPEN (EN)

Maria-Lisa

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

Karla

Tuesday

08:00 • 60 Min
SYNERGY YOGA FLOW
(EN)

Kristin

09:30 • 60 Min
MORNING YOGA
BALANCE - EN

MONA

12:00 • 60 Min
POWER PILATES (EN)

Agostina

18:00 • 60 Min
VINYASA FLOW (EN)

Lena-Valentina

19:30 • 60 Min
MOVEMENT MEDITATION
(EN)

Markus

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

Isabella

Wednesday

07:00 • 45 Min
MORNING PILATES
(EN)

Roxana

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

Lena-Valentina

09:30 • 60 Min
SYNERGY FLOW (EN)

Miriam

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

Miriam

17:00 • 45 Min
YOGA FLOW EXPRESS (EN)

Odessa

18:15 • 75 Min
JIVAMUKTI OPEN (EN)

Maria-Lisa

20:00 • 60 Min
YIN YOGA (EN)

Carolina

Thursday

08:00 • 45 Min
QI MEDITATION (EN)

Janna

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

Janna

12:00 • 45 Min
PILATES (EN)

Agostina

17:30 • 60 Min
EVENING FLOW (EN)

Kristin

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

Leigh

Friday

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

Victoria

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

David

12:00 • 60 Min
CORE PILATES (EN)

Roxana

19:00 • 60 Min
VINYASA FLOW (EN)

Patnari

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

Janna

Saturday

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

David

Sunday

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

Maria-Lisa

11:30 • 60 Min
ASHTANGA BASED
VINYASA (EN)

Santiago