



YOGA 2023-2024

LUNDI

12H15
ASHTANGA YOGA
FLORE & SENS,
AOUSTE

18H30
ASHTANGA YOGA
FLORE & SENS,
AOUSTE

JEUDI

9H00
ASHTANGA YOGA
CCAS, CREST

12H15
YIN YOGA
CCAS, CREST

VENDREDI
(1/MOIS)

18H-20H00
ASHTANGA YOGA
MYSORE STYLE
ESPACE ST JEAN, CREST



VIKARA YOGA

Sophie de Grivel

www.vikarayoga.co

06 15 23 27 14

