



PLANNING 200H DU 4 FÉVRIER AU 18 FÉVRIER 2023

	Samedi 04/02/2023	Dimanche 05/02/2023	Lundi 06/02/2023	Mardi 07/02/2023	Mercredi 08/02/2023	Jeudi 09/02/2023	Vendredi 10/02/2023
08:00-10:00	ASANA PRACTICE - Klara & Gwen	ASANA PRACTICE - Klara & Gwen	ASANA PRACTICE - Klara & Gwen	ASANA PRACTICE - Klara & Gwen	ASANA PRACTICE - Klara & Gwen	ASANA PRACTICE - Klara & Gwen	ASANA PRACTICE - Klara & Gwen
10:00-10:10	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK
10:10-12:10	ASANA LAB - Klara & Gwen	ANATOMY - Caty	ANATOMY - Caty	ANATOMY - Caty	ANATOMY - Caty	ANATOMY - Caty	ANATOMY - Caty
12:10-13:40	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
13:40-15:40	ANATOMY - Caty	ASANA LAB - Klara & Gwen	PHILO Qu'est ce que le Yoga - Gwendal	PHILO chemins du Yoga + 8 branches - Gwendal	PHILO - Gwendal	PHILO - Gwendal	PHILO - Gwendal
15:40-15:45	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK
15:45-17:00	Asana / sequence / teach / ajustements	Asana / sequence / teach / ajustements	Asana / sequence / teach / ajustements / Quiz	Asana / sequence / teach / ajustements	Asana / sequence / teach / ajustements	Asana / sequence / teach / ajustements / Quiz	Asana / sequence / teach / ajustements

	Samedi 11/02/2023	Dimanche 12/02/2023	Lundi 13/02/2023	Mardi 14/02/2023	Mercredi 15/02/2023	Jeudi 16/02/2023	Vendredi 17/02/2023	Samedi 18/02/2023
08:00-10:00	ASANA PRACTICE - Klara & Gwen	ASANA PRACTICE - Klara & Gwen	ASANA PRACTICE - Klara & Gwen	ASANA PRACTICE - Klara & Gwen	ASANA PRACTICE - Klara & Gwen	ASANA PRACTICE - Klara & Gwen	ASANA PRACTICE - Klara & Gwen	ASANA PRACTICE - Klara & Gwen
10:00-10:10	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK
10:10-12:10	ANATOMY - Caty	INTRODUCTION À L'AYURVEDA	TEACHING - Klara & Gwen	10:30 INTRODUCTION YIN - LAETI	TEACHING - Klara & Gwen	MARKETING OF YOGA - KLARA	BUSINESS OF YOGA - KLARA	KIRTAN CLOSING MAHADEV OK
12:10-13:40	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
13:40-15:40	SUBTAL ANATOMY - Gwendal	INTRODUCTION À L'AYURVEDA	TEACHING - Klara & Gwen	INTRODUCTION YIN - LAETI	KLARA PRANAYAMA & DIFFERENTS TYPES	PHILO MAHADEV / MANTRAS & DEITÉS	PHILO MAHADEV / MANTRAS & DEITÉS	
15:40-15:45	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK
15:45-17:00	Asana / sequence / teach / ajustements	INTRODUCTION À L'AYURVEDA	Asana / sequence / teach / ajustements / Quiz	16:30 YIN - LAETI	17h - 20h Introduction to Prenatal Yoga - Jennifer More ZOOM	Asana / sequence / teach / ajustements / Quiz	Asana / sequence / teach / ajustements	