

B.K.S. IYENGAR YOGA INSTITUTE AMSTERDAM
अथ योगानुशासनम्

Summer Schedule / Zomer rooster

1 July thru to 31 August 2019 / 1 juli t/m 31 augustus 2019

<i>Monday / maandag</i>	<i>Tuesday / dinsdag</i>	<i>Wednesday / woensdag</i>	<i>Thursday / donderdag</i>	<i>Friday / vrijdag</i>	<i>Saturday / zaterdag</i>	<i>Sunday / zondag</i>
<p>10.15-11.45 level 1/2 Mumtaz Khadjé (Francesca, Donald)</p> <p>18.00-19.30 level 2 Donald Streeter (Elias)</p> <p>20.00-21.30 level 1 Delilah King (Evelien, Maria)</p>	<p>10.15-11.45 level 1/2 Donald Streeter</p> <p>18.00-19.30 all levels Daniela Gfeller (Francesca, Evelien)</p> <p>20.00-21.30 level 1 Maria Arias (Daniela, Francesca, Evelien)</p>	<p>10.15-11.45 level 1/2 Jan Kievits</p> <p>18.00-19.30 level 2 Joelle Sie Man Tang (Evelien, Maria)</p> <p>20.00-21.30 level 1 Chi Lee</p>	<p>08.30-10.00 power class Donald Streeter</p> <p>10.15-12.15 level 3 Delilah King (Daniela, Ralph) <i>* no class 11 July *</i></p> <p>14.00-15.30 level 1 Ela Chauhan (Joelle)</p> <p>18.00-19.30 level 2 Donald Streeter</p> <p>18.00-20.00 medical class Delilah King and assistants <i>* July only *</i></p>	<p>10.15-11.45 all levels Delilah King (Daniela, Donald) <i>* no class 12 July *</i></p> <p>11.00-12.30 level 1 Jan Kievits</p> <p>12.00-13.30 level 1/2 Daniela Gfeller (Donald) <i>* no class 12 July *</i></p>	<p>08.30-10.00 power class Donald Streeter</p> <p>10.15-11.45 level 1 Francesca Thompson</p>	<p>10.15-11.45 level 3 Delilah King (Ralph) <i>* no class 7+14 July *</i></p> <p>12.00-13.30 level 1/2 Jan Kievits</p> <p>18.00-19.30 level 1 Ralph Pilleri</p>

NOTE:

Only PIN payments accepted.

Please check the website before arriving for class for last minute class changes.

*Ivm de zomerworkshop zijn er geen ochtendlessen op 7, 11 en 14 juli.
Due to the Summer workshop there will be no morning class on 7, 11 and 14 July.*

*Het normale lesprogramma start weer op zondag 1 september 2019.
The regular class schedule starts again on Sunday, September 1, 2019.*