



DEVIN YOGA

founded by Vincent Pezet

WEEKLY SCHEDULE MARCH

STAFFELBERG 1

BASEL, 4054

TEL: 076 4984820

info@devinyoga.com

www.devinyoga.com

Mo	Tu	We	Th	Fr	Sa	Su
				Mum & Kids Yoga Vincent 9.45	jivamukti yoga Kristen (e) 10.00	
hatha yoga Nicole Start 23.01 12:30	anusara inspired L1/2 Vincent 12.30	jivamukti yoga Kristen (e) 12.30		anusara inspired L1/2 Vincent 12.30	Workshop, events etc.. All information : www.devinyoga.com	
vinyasa yoga Véronique 18:00	hatha yoga - Nicole 18.00	anusara inspired L1 Vincent 18.00	Yoga basic Jacqueline 18.00	jivamukti yoga Kristen (e) 18.30		Candle light Yoga Vincent 18.00
⊕ anusara inspired L2/3 Vincent (e) 19:30	anusara inspired L1/2 Vincent 19.30	anusara inspired L3 Vincent 19.30	vinyasa yoga Véronique 19.30			

**If you are interested in a Private Yoga session ,
please call, 076 498 48 20 or ask your teacher!**

Level 1 (Beginner)

Level 2 (Basic)

Level 3 (Intermediate)

(e) class in english

*** on donation**

⊕ **class video for training purpose**

Anusara inspired yoga

Ashtanga yoga

Vinyasa yoga

Jivamukti yoga

Hatha yoga

Candle light yoga

Shri community class

Rise 'n Shine Yoga

Pranayama&Meditation

Jivamukti Yoga

Hatha style emphasizing alignment and life-affirming, heartfelt spirituality

A progressive practise focusing on breath and movement, following the Pattabhi Jois asana sequence

Free-form hatha yoga style, in the flow, linking of postures and breath

It is a vigorously physical and intellectually stimulating practice leading to spiritual awareness.

Flowing style of yoga, the body, breath and spirit into harmony

At the end of the weekend a gentle practice with breathing exercises, deep relaxation and meditation

Joyous discovery, Expanding your practice, deep Play!

Find balance and centering to flow with ease and joy with the rest of the day.

Learn to use the subtle energies of the early morning at the inner path of yoga.

Flow with you breath, body and heart—class in english