



DEVIN YOGA

founded by Vincent Pezet

SCHEDULE MARCH 2012

STAPFELBERG 1

BASEL, 4054

TEL: 076 4984820

info@devinyoga.com

www.devinyoga.com

Mo	Tu	We	Th	Fr	Sa	Su
			01 18:00 yooga basic -Jacqueline 19.30 vinyasa yoga - Valérie	02 09.45 Mum & Kid Yoga - Vincent 12.30 anusara inspired L2-Jacquel 18.30 Jivamukti yoga- Kristen (e)	03 10.00 Jivamukti yoga – Kristen (e)	04 18.00 Candle light Yoga Valérie
05 12.30 hatha yoga - Nicole 18.00 vinyasa yoga - Kristen 19.30 anusara insp. L2/3-Vince (e)	06 12.30 anusara inspired L1/2-Vince 18.00 hatha yoga - Nicole 19.30 anusara insp. L1/2-Vince (e)	07 12.30 Jivamukti yoga – Kristen (e) 18.00 anusara inspired L1-Vincent 19.30 anusara inspired L3-Vincent	08 18:00 yooga basic -Jacqueline 19.30 vinyasa yoga - Véronique	09 09.45 Mum & Kid Yoga - Vincent 12.30 anusara inspired L2-Vincent 18.30 Jivamukti yoga- Kristen (e)	10 10.00 Jivamukti yoga – Kristen (e)	11 18.00 Candle light Yoga Vincent
12 12.30 hatha yoga - Nicole 18.00 vinyasa yoga - Véronique 19.30 anusara insp. L2/3-Vince (e)	13 12.30 anusara inspired L1/2-Vince 18.00 hatha yoga - Nicole 19.30 anusara insp. L1/2-Vince (e)	14 12.30 Jivamukti yoga – Kristen (e) 18.00 anusara inspired L1-Vincent 19.30 anusara inspired L3-Vincent	15 18:00 yooga basic -Jacqueline 19.30 vinyasa yoga - Véronique	16 09.45 Mum & Kid Yoga - Vincent 12.30 anusara inspired L2-Vincent 18.30 Jivamukti yoga- Kristen (e)	17 10.00 Jivamukti yoga – Kristen (e)	18 18.00 Candle light Yoga Vincent
19 12.30 hatha yoga - Nicole 18.00 vinyasa yoga - Véronique 19.30 anusara insp. L2/3-Vince (e)	20 12.30 anusara inspired L1/2-Vince 18.00 hatha yoga - Nicole 19.30 anusara insp. L1/2-Vince (e)	21 12.30 Jivamukti yoga – Kristen (e) 18.00 anusara inspired L1-Vincent 19.30 anusara inspired L3-Vincent	22 18:00 yooga basic -Jacqueline 19.30 vinyasa yoga - Véronique	23 09.45 Mum & Kid Yoga - Vincent 12.30 anusara inspired L2-Vincent 18.30 Jivamukti yoga- Kristen (e)	24 10.00 Jivamukti yoga – Kristen (e) 14.30 2hours Yoga Workshop w/Vincent Art to Listen to your Own Heart Arm balances/deep Backbends	25 18.00 Candle light Yoga Vincent
25 12.30 hatha yoga - Nicole 18.00 vinyasa yoga - Véronique 19.30 anusara insp. L2/3-Vince (e)	26 12.30 anusara inspired L1/2-Vince 18.00 hatha yoga - Nicole 19.30 anusara insp. L1/2-Vince (e)	27 12.30 Jivamukti yoga – Kristen (e) 18.00 anusara inspired L1-Vincent 19.30 anusara inspired L3-Vincent	28 18:00 yooga basic -Jacqueline 19.30 vinyasa yoga - Véronique	29 12.30 anusara inspired -Jacqueline 18.30 Jivamukti yoga- Kristen (e)	30 10.00 Jivamukti yoga – Kristen (e)	01 18.00 Candle light Yoga Kristen

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

Level 1 (Beginner) (e) class in english
Level 2 (Basic)
Level 3 (Intermediate)

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