

TENERIFE YOGA WEEK 2019

	LUNES 24	MARTES 25	MIÉRCOLES 26	JUEVES 27	VIERNES 28	SABADO 29
SANTA CRUZ						
SHAISA YOGA 1		10:30-12:00 HATHA VINYASA				
ASOCIACION BRHAMA KUMARIS 2	18:30-19:15 MEDITACION / RAJA	18:30 -19:15 MEDITACION / RAJA	18:00 -19:15 MEDITACION / RAJA	18:00 -19:15 MEDITACION / RAJA	18:00 -19:15 MEDITACION / RAJA	
ENTRENATE T. ENTRENAMIENTO 3			20:30-22:00 HATHA YOGA			
CENTRO CULTURAL SAN ANDRES 4	20:00-21:15 HATHA YOGA		20:00-21:15 HATHA YOGA			
TENERIFE ASHTANGA SHALA 5	09:00-10:00 ASHTANGA YOGA			19:00-20:30 ASHTANGA YOGA		
LA CASA ARTICULADA 6		18:00-19:15 YOGA INTEGRAL				
AMA CENTRO DE YOGA 7	17:30-18:30 YOGA INTEGRAL	19:00-20:30 YOGA INTEGRAL	18:30-19:30 YOGA INTEGRAL	16:00-17:00 YOGA INTEGRAL	10:30-11:30 MEDITACION	11:30-13:00 RELAJACION
CENTRO CUERPO Y MENTE 8		20:30-21:30 POWER YOGA	17:00-18:00 POWER VINYASA YOGA	20:30-21:30 POWER YOGA	16:00-17:00 YIN YOGA	
SEXTO SENTIDO 9	09:00-10:30 / 20:30-22:00 HATHA YOGA / MEDITACION	18:00-19:30 HATHA YOGA / MEDITACION	09:00-10:30 HATHA YOGA / MEDITACION	20:30-22:00 HATHA YOGA / MEDITACION		
SKAPATE YOGA 10		7-8:30 KUNDALINI YOGA				
AZCA CENTRO TERAPEUTICO 11	19:30-20:30 HATHA YOGA			10:00-11:00 HATHA YOGA	16:00-17:00 YANTRA YOGA /RESPIRACION	
LA LAGUNA						
ESPACIO KALA 12		19:30-21:00 BOWSPRING YOGA	9:30-11 / 15:30-16:50 /18-19:15 YOGA INTEGRAL	19:30-21:00 BOWSPRING YOGA		
KARUNA 13			18:00-19:30 HATHA YOGA			
MASQBAILE 14				18:00-19:30 HATHA YOGA		
ALMAR 15			20:30-21:30 HATHA YOGA			
TAYRI YOGA 16	18:00-19:30/20:00-21:30 YOGA IYENGAR	17:00-18:30/19:00-20:30 YOGA IYENGAR	16:30-17:30/18-19:30/20-21:30 YOGA IYENGAR	9-10:30/17-18:30/19-20:30 YOGA IYENGAR		
TANIA FERNANDEZ 17	19:00-20:30 HATHA RAJA YOGA	09:10:30 / 19:00-20:30 HATHA RAJA YOGA		09:00-10:30 / 19- 20:30 HATHA RAJA YOGA		
SANTA URSULA						
ASOCIACION LA PERVINCA 18	18:00-19:00 YOGA DINAMICO		18:00-19:00 YOGA DINAMICO			11:00-12:00 YOGA DINAMICO
EL SAUZAL						
BIKRAM YOGA TENERIFE 19	18:00-19:30 ó 20:15-21:45 BIKRAM / HOT YOGA			10:00-11:30 BIKRAM / HOT YOGA		
LA OROTAVA						
CENTRO DE SALUD CALLE VERDE 20					19:00-20:15 YOGA ANTIGUO	
ASHRAM ARAUTUPALA 21	09:00-10:30 HATHA YOGA			18:00-19:30 HATHA YOGA		
ARONA						
HOSTEL LOS DUENDES DEL SUR 22						10:30-12:00 HATHA/PRANAYAMA
ISKCON TENERIFE 23	06:00-07:30 / 08:30-09:30 MANTRA BHAKTI YOGA					06:00-07:30 / 08:30-09:30 MANTRA BHAKTI YOGA
CANDELARIA						
CENTRO NARAYANI 24		18:00 -19:15 KUNDALINI YOGA				
GUIMAR						
ESTILO VERDE 25		18:30 -19:45 HATHA YOGA				