

Don't have a
yoga mat?
No problem at all!
We'd be happy to lend you
a yoga mat for your
session.



YOGA AUTUMN PROGRAM

REGISTRATION

at the front desk

or

through our
APP



when		with whom
	FRIDAY, 16.10.2026	
8:00 – 9:30 a.m.	Morning Energy Flow	Miruna Mihailescu
5:00 – 6:30 p.m.	Zen & Flow	
SATURDAY, 17.10.2026		
8:00 – 9:30 a.m.	Good Morning Flow	Miruna Mihailescu
5:00 – 6:30 p.m.	Yin Yoga	Miruna Mihailescu
SUNDAY, 18.10.2026		
8:00 – 9:30 a.m.	Rise & Shine	Miruna Mihailescu
5:00 – 6:30 p.m.	Hips & Legs	Miruna Mihailescu
MONDAY, 19.10.2026		
8:00 – 9:30 a.m.	Yoga for the Neck and Shoulders	Miruna Mihailescu
TUESDAY, 20.10.2026		
8:00 – 9:30 a.m.	Yoga for the Hips & Lower Back	Miruna Mihailescu
WEDNESDAY, 21.10.2026		
8:00 – 9:30 a.m.	Heartopening Flow	Miruna Mihailescu
THURSDAY, 22.10.2026		
8:00 – 9:30 a.m.	Morning Flow I Playing with Strength	Flora Petri
FRIDAY, 23.10.2026		
8:00 – 9:30 a.m.	Morning Flow I Playing with Strength	Flora Petri
5:00 – 6:30 p.m.	Evening Flow I Coming to a Calm Rest	Flora Petri
SATURDAY, 24.10.2026		
8:00 – 9:30 a.m.	Morning Flow I Playing with Strength	Flora Petri
5:00 – 6:30 p.m.	Evening Flow I Coming to a Calm Rest	Flora Petri
SUNDAY, 25.10.2026		
8:00 – 9:30 a.m.	Morning Flow I Playing with Strength	Flora Petri
5:00 – 6:30 p.m.	Evening Flow I Coming to a Calm Rest	Flora Petri
MONDAY, 26.10.2026		
8:00 – 9:30 a.m.	Morning Flow I Playing with Strength	Flora Petri