**PLANNING PREVISIONNEL SEANCES DE YOGA – ANNEE 2019/2020**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|  | 9h00 – 10h15  Yoga Lamorlaye | 9h00 – 10h15  Yoga Lamorlaye | 9h00 – 10h15  Yoga Coye-la-Forêt |  | 10h00 – 12h00  Atelier Yoga |
| 10h30 – 12h00  Yoga Gouvieux | 10h30 – 11h45 Yoga Lamorlaye |  |  |  |  |
|  |  |  |  |  |  |
|  | 14h15 – 15h45  Yoga Orry la Ville |  |  |  |  |
|  |  |  |  |  |  |
| 19h45 – 21h00  Yoga Coye-la-Forêt |  | 19h45 – 21h00  Yoga Coye-la-Forêt | 19h00 – 20h00  Sangha Méditation  Lamorlaye  (1X par mois) |  |  |

* en **violet** : Cours à Lamorlaye et Coye-la-Forêt limités à 8 personnes
* en **vert**: Cours à Gouvieux et Orry-la-Ville limités à 20 personnes

**30 cours répartis sur l’année**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | SEPT | OCT | NOV | DEC | JANV | FEV | MARS | AVRIL | MAI | JUIN |
| LUNDI | 16-23-30 | 7-14 | 4-18-25 | 2-9-16 | 6-13-20-27 | 3-10 | 2-9-16-23 | 6-27 | 4-11-18-25 | 8-15-22 |
| MARDI | 17-24 | 1-8-15 | 5-12-19-26 | 3-10-17 | 7-14-21-28 | 4-11 | 3-10-17-24 | 7-28 | 5-12-19-26 | 9-16-23 |
| MERCREDI | 18-25 | 2-9-16 | 6-13-20-27 | 4-11-18 | 8-15-22-29 | 5-12 | 4-11-18-25 | 8-29 | 6-13-20 | 3-10-17 |
| JEUDI | 19-26 | 3-10-17 | 7-14-21-28 | 5-12-19 | 9-16-23-30 | 6-13 | 5-12-19-26 | 9-30 | 7-14-28 | 4-11-18 |
| VENDREDI | 20-27 | 4-11-18 | 8-15-22-29 | 6-13-20 | 10-17-24-31 | 7-14 | 6-13-20-27 | 10 – 24 (Lamorlaye) | 15-29 | 5-12-19-26 |
| SAMEDI | 28 | 5 - 12 | 23-30 |  | 18-25 | 1 | 7-14-21 | 3 | 16 |  |