YOGA IN GRANOLLERS

Weekly *classes*

omshanti.cat

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 1st Saturday of the month
MORNING		10:00 – 11:15 **Prenatal Yoga** Laura Cervera	7:00 – 8:00 **Vinyasa Yoga** Arlett Salazar In person + Online		9:30 – 11:00 **Vinyasa Yoga** Mireia Castellsagué	9:00 – 11:00 **Yoga Morning**
		11:30 – 12:45 **Baby Yoga** Laura Cervera	9:30 – 11:00 **Vinyasa Yoga** Èrica Martinez			11:30 – 13:30 **Acroyoga JAM**
AFTERNOON	14:15 – 15:15 **Vinyasa Yoga** Arlett Salazar In person + Online		17:00 – 18:30 **Vinyasa Yoga** Laura Casanova	17:30 – 18:45 **Gentle Yoga** Mireia Castellsagué	17:00 – 18:30 **Vinyasa Yoga** Mireia Árboles	
	17:30 – 18:45 **Vinyasa Yoga** Anna Margarit					
EVENING	19:00 – 20:30 **Vinyasa Yoga** Anna Margarit	18:00 – 19:15 **Yin Yoga** Judith Estrada	18:00 – 19:15 **Handstands*** Mireia Castellsagué	19:00 – 20:30 **Vinyasa Yoga** Mireia Castellsagué	19:00 – 20:30 **Grief Group** Mireia Castellsagué Fortnightly	
		19:30 – 21:00 **Vinyasa Yoga** Judith Estrada	18:45 – 20:15 **Vinyasa Yoga** Laura Casanova			
			19:15 – 20:45 **Acroyoga*** Mireia & Noe			

Vinyasa & morning · Pregnancy & babies · Gentle & Yin · Acrobatic · Support

* Handstands and Acroyoga take place in our second studio: **c/ Aragó 12, Granollers**

C/ Barcelona 95, Granollers

722 336 284 · www.omshanti.cat

Book online
Scan to book your spot