

Centres de Teràpies DARSHAN, Benestar i Qualitat

Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte
	11:00 A 12:05 Yoga-Pilates Barra + Nidra Darshan 1 + 2 + Princ.		11:00 A 12:05 Yoga-Pilates Barra + Nidra Darshan 1 + 2 + Princ.		Dissabtes NO festius 11:00/12:05 Yoga-Pilates Barra + Nidra Darshan (SOLAMENT SI HI HA MÉS DE 3 PERSONES QUE RECUPERIN)
	11:05 a 12:05 Abdominal Hipopresiva (Pend.Obrir, Previ Sessions Individuals)		11:05 a 12:05 Pilates + Barra nivell general (Pend.Obrir)		Intensius Divendres 18:30 a 20:30 Primer intensiu: 15 de Setembre Com dissenyar Afirmacions Personals ÒPTIMES (SAMKALPA)
14:20 a 15:20 Yoga-Pilates Barra+Pranayama + Nidra Darshan 1 + 2 + Princ.	14:20 a 15:20 Yoga-Pilates Barra + Nidra Darshan 1 + 2 + Princ.	14:20 a 15:20 Pilates+Barra Migdies Nivell general			
			17:50 a 18:50 Pilates + Barra Nivell general	18:15 a 19:25 Yoga-Pilates Barra + Nidra Darshan 1 + 2 + Princ.	 NOVETAT: DESENA Formació de Nidra Darshan: Comencem el Dissabte 30 de Setembre!
17:50 a 18:55 Yoga-Pilates Barra + Nidra Darshan 1 + 2 + Princ.	18:00 a 18:55 Abdominal Hipopresiva (Pend.Obrir, Previ Sessions Individuals)		17:50 a 18:55 Yoga-Pilates Barra + Nidra Darshan 1 + 2 + Princ.	18:45 a 19:35 NIDRA Mindfulness DARSHAN Pendent Obrir	
	19:05 a 20:05 Pilates + Barra Nivell general	19:05 a 20:20 Yoga-Pilates Barra + Nidra Darshan NIVELL 2	19:05 a 20:05 Pilates + Barra Nivell general		
19:05 a 20:10 Yoga-Pilates Barra + Nidra Darshan 1 + 2 + Princ.	19:05 a 20:10 Yoga-Pilates Barra + BackMitra + Nidra Darshan 1 + 2 + Princ.	19:05 a 20:20 Yoga-Pilates Barra + NIDRA DARSHAN 1 + Princ.	19:05 a 20:10 Yoga-Pilates Barra + NIDRADARSHAN 1 + 2 + Princ.		
20:00 a 21:00 Pilates + Barra Nivell general	20:30 a 21:35 Yoga-Pilates Barra + Nidra Darshan 1 + 2 + Princ.			Sistema DARSHAN Yoga-Pilates-BARRA + Yoga Nidra Mindfulness Darshan	
20:30 a 21:35 Yoga-Pilates Barra + Nidra Darshan 1 + 2 + Princ.	20:45 a 21:35 Meditación Mindfulness NIDRA DARSHAN		20:30 a 21:35 Yoga-Pilates Barra + Nidra Darshan 1 + 2 + Princ.		