

CLASSES SCHEDULE :

- TUESDAY

8:00 am MEDITATION

(Live on IGTV, or book your session on Zoom for € 7 and you will have a 15 minutes Q&A included at the end.

Members please note that access to Live Meditation classes is included in your membership)

19:30 pm FORREST inspired VINYASA, 75 mins at La Casa dello Yoga, Roma

For info and bookings contact www.lacasadelloyogaroma.it

- WEDNESDAY

17:00 pm FORREST inspired VINYASA, 60 mins ONLINE

Slow movement, Forrest inspired, accessible to all bodies, levels and experience!

Cost € 10

For info and bookings contact beatrice.petrini.yoga@gmail.com

(Members please note that access to Live Yoga classes is included in your membership)

- THURSDAY

18:30 pm FORREST inspired VINYASA, 75 mins at La Casa dello Yoga, Roma

For info and bookings contact www.lacasadelloyogaroma.it

PLEASE NOTE TIME ZONE IS CET, ROME, ITALY.

If you would like to book a private session, don't hesitate to contact me at beatrice.petrini.yoga@gmail.com.

See you all on our mats xx