

Daily Online Yoga Classes

Interactive LIVE Streaming via ZOOM – Easy to Access

Professional Teachers Offer Online Classes:

- Reduced summer schedule. -

Times indicated are all Lisbon/ UK/ WEST time.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30am/ 8.30h	<u>9am:*</u> Chakra Yoga Natasha (60')	Yin & Yang Yoga Puck (60')	Mat Pilates Claire (60')	Soft Movements Jacob (60')	<u>9am:*</u> Chakra Yoga Natasha (60')	Mat Pilates Claire (60')	
10am/ 10h	Alignment Yoga Puck (75')	Hatha Flow Isabel (75')	Hatha Yoga Puck (75')	Hatha & Core Yoga Isabel (75')	Alignment Yoga Puck (75')	Embodiment Flow Yoga Cony (75')	<u>9.30am:</u> Hatha Yoga Cony (75')
12.30pm/ 12.30h	Gentle Yoga Isabel (75')	Hatha Yoga w/ Sound Healing Izabella (75')	Yoga Stretch Isabel (75')		Yoga Stretch Isabel (75')	<u>2.15pm:</u> Body-Mind Support (free)	
6pm/ 18h	Ashtanga Yoga Led Primary Series Isabel (90')	Tantra Yoga Cony (75')	Hatha Y Isabel (75')	Chakra Y Natasha (60')	Ashtanga Yoga Led Primary Series Isabel (90')	<u>6.30pm:</u> Vinyasa Flow Rachel (75')	Yin Yoga Åsa (75')
8pm/ 20h							Updated on 24 August 2020
	For special events & workshops please read up on inlight.pt submenu "WSs&Events"						

* Natasha's 3 weekly Chakra class series will end on 28th August.

Trial pass for new online clients:

5 classes for €20 to use up within 7 days

Online fees (3 months validity):

€10 for 1 class

€35 for 5 classes

€40 for 10 classes/ month

€50 for 10 classes

€80 for 20 classes

Stripe

Bank Transfer



inlight.pt/yoga



InLight Lagos has been awarded

EXCELLENCE IN TREATMENT 2020 THROUGHOUT THE ALGARVE



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