

zūnya

WEEKLY PROGRAMMING

16 NOV - 22 NOV 2020

	M - 16/NOV	T - 17/NOV	W - 18NOV	T - 19/NOV	F - 20/NOV	S - 21/NOV	S - 22/NOV
08:00h	Vinyasa yoga with Karen	Vinyasa yoga with Karen (by donation)	Yoga for surfers with Karen	Vinyasa yoga with Karen	Slow flow yoga with Karen		
09:00h							
10:00h			Muya Thai with Simon(10:30AM)				
11:00h	Vision presentation				Beach and river clean up		
12:00h							
13:00h							
14:00h							
15:00h				Permaculture with Pasquale			
16:00h	Kundalini yoga with Julia		Art and meditation with Karen	Volleyball game	Art and meditation with Karen	Art and meditation with Karen	Volleyball game
17:00h		Book club (17:30PM)					

Drop in for all yoga classes, art and permaculture workshops 4'000 colones
Kundalini yoga and Muya Thai 7'000 colones