

EYS Online Classes Links

Monday

- 8:00-9:15 Vinyasa Krama Yoga Level 1-2 (Theonimfi live studio Exarchia)

<https://us02web.zoom.us/meeting/register/Ev-AKbeYS2OTAAePgM9hFQ>

- 09:30-11:00 Vinyasa Krama Yoga Level 1-2 (Anastasia T. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/qkNPVsetSTanWM5dTHSGVA>

- 11:30-13:00 Vinyasa Krama Yoga All Levels (Panos live studio Exarchia)

https://us02web.zoom.us/meeting/register/Eg-p-BgMTXGDCcA_rRSotA

- 15:30- 16:45 Vinyasa Krama Yoga Level 1 (Anastasia D. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/2MI-9rKDR5-xPgP90-SX0A>

- 17:00-18:15 Vinyasa Krama Yoga Level 1-2 (Anastasia T. live studio Exarchia)

https://us02web.zoom.us/meeting/register/HOjw_gYCScauc3EaTb-21Q

- 18:30-20:00 Vinyasa Krama Yoga All Levels (Panos live studio Exarchia)

<https://us02web.zoom.us/meeting/register/PGYM9bXXTlaOr7ul9og12A>

- 18:30-20:00 Vinyasa Krama Yoga All Levels (Maria live studio N. Ionia)

<https://us02web.zoom.us/meeting/register/KatNujHnToeX0lUNhl1qiw>

- 20:30-22:00 Vinyasa Krama Yoga Level 1-2 (Maria live studio N. Ionia)

https://us02web.zoom.us/meeting/register/5ddfdRDPTV6_OIPVjvEZKg

Tuesday

- 8:00-9:15 Vinyasa Krama Yoga Level 1-2 (Amalia live studio Exarchia)

<https://us02web.zoom.us/meeting/register/V9M0Lop4Q6GPYVm0pKsC9g>

- 9:30-11:00 Vinyasa Krama Yoga Level 1 (Theonimfi live studio Exarchia)

<https://us02web.zoom.us/meeting/register/3mSINNblSC-wF-1U7bScjg>

- 11:30-13:00 Vinyasa Krama Yoga Level 1-2 (Maria A. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/uvR1O7mMRYOf9OCW2BN8Hw>

- 13:30-15:00 Vinyasa Krama Yoga Level 2-3 (Elli-Anna live studio Exarchia)

<https://us02web.zoom.us/meeting/register/cQHwNZLFSKqygNftJYVkcQ>

- 17:00-18:15 Vinyasa Krama Yoga Level 1 (Amalia live studio Exarchia)

<https://us02web.zoom.us/join/nwpSt4ISR7yAyT0rhBv6Bg>

- 18:30 -20:00 Vinyasa Krama Yoga Level 1-2 (Anastasia D. live studio N. Ionia)

<https://us02web.zoom.us/join/ZwWSFwYMR3WiJ7z-SkDJOW>

- 20:30-22:00 Vinyasa Krama Yoga Level 1-2 (Amalia live studio Exarchia)

<https://us02web.zoom.us/join/TIC5YGYUTOSo72PZtGWSPg>

Wednesday

- 8:00-9:15 Vinyasa Krama Yoga Level 1-2 (Theonimfi live studio Exarchia)

<https://us02web.zoom.us/join/Ev-AKbeYS2OTAAePgM9hFQ>

- 09:30-11:00 Vinyasa Krama Yoga Level 1-2 (Anastasia T. live studio Exarchia)

<https://us02web.zoom.us/join/qkNPVsetSTanWM5dTHSGVA>

- 11:30-13:00 Vinyasa Krama Yoga All Levels (Panos live studio Exarchia)

https://us02web.zoom.us/join/Eg-p-BgMTXGDCcA_rRSotA

- 15:30- 16:45 Vinyasa Krama Yoga Level 1 (Anastasia D. live studio Exarchia)

<https://us02web.zoom.us/join/2MI-9rKDR5-xPgP90-SX0A>

- 17:00-18:15 Vinyasa Krama Yoga Level 1-2 (Anastasia T. live studio Exarchia)

https://us02web.zoom.us/meeting/register/HOjw_gYCScauc3EaTb-21Q

- 18:00-19.30 Vinyasa Krama Yoga All Levels (Katerina live from the Evergreen Project)

https://us02web.zoom.us/meeting/register/UNisLmL_SJ2qz5lIMtTnEg

- 20:30-22:00 Vinyasa Krama Yoga Level 1-2 (Maria live studio N. Ionia)

https://us02web.zoom.us/meeting/register/5ddfdRDPTV6_OIPVjvEZKg

Thursday

- 8:00-9:15 Vinyasa Krama Yoga Level 1-2 (Amalia live studio Exarchia)

<https://us02web.zoom.us/meeting/register/V9M0Lop4Q6GPYVm0pKsC9g>

- 9:30-11:00 Vinyasa Krama Yoga Level 1 (Theonimfi live studio Exarchia)

<https://us02web.zoom.us/meeting/register/3mSINNblSC-wF-1U7bScjg>

- 11:30-13:00 Vinyasa Krama Yoga Level 1-2 (Maria A. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/uvR1O7mMRYOf9OCW2BN8Hw>

- 13:30-15:00 Vinyasa Krama Yoga Level 2-3 (Elli-Anna live studio Exarchia)

<https://us02web.zoom.us/meeting/register/cQHwNZLFSKqygNftJYVkcQ>

- 17:00-18:15 Vinyasa Krama Yoga Level 1 (Amalia live studio Exarchia)

<https://us02web.zoom.us/meeting/register/nwpSt4ISR7yAyT0rhBv6Bg>

- 18:30 -20:00 Vinyasa Krama Yoga Level 1-2 (Anastasia D. live studio Nea Ionia)

<https://us02web.zoom.us/meeting/register/ZwWSFwYMR3WiJ7z-SkDJOW>

- 20:30-22:00 Vinyasa Krama Yoga Level 1-2 (Amalia live studio Exarchia)

<https://us02web.zoom.us/meeting/register/TIC5YGYUTOSo72PZtGWSPg>

Friday

- 8:00-9:15 Vinyasa Krama Yoga Level 1-2 (Theonimfi live studio Exarchia)

<https://us02web.zoom.us/meeting/register/Ev-AKbeYS2OTAAePgM9hFQ>

- 09:30-11:00 Vinyasa Krama Yoga Level 1-2 (Anastasia T. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/qkNPVsetSTanWM5dTHSGVA>

- 11:30-13:00 Vinyasa Krama Yoga Level 2 (Elli-Anna live studio Exarchia)

<https://us02web.zoom.us/meeting/register/GEojdAT3SKSLJrRYv4ek6g>

- 16:30- 17:45 Vinyasa Krama Yoga Level 1-2 (Anastasia D. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/jvq9euL9Q6OrAct36NEuuA>

- 17.00-18.15: Prenatal Yoga (Maria live studio N. Ionia)

<https://us02web.zoom.us/meeting/register/-7banYmHQmmoMojGE2M4sg>

- 18:00- 19:15 Vinyasa Krama Yoga Level 2 (Anastasia T. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/biyrRnmFR6K6y2NmCl8vzw>

- 18.30-20.00: Vinyasa Krama Yoga Level 1-2 (Maria live studio N. Ionia)

<https://us02web.zoom.us/meeting/register/yeHvAH3-QDKi4FI2GIXpCw>

Saturday

- 10:30-11:45 Vinyasa Krama Yoga Level 1 (Eleni live studio Exarchia)

https://us02web.zoom.us/meeting/register/ph2rws_bQWWyu07HP-vE5w

- 12:00-13:30 Vinyasa Krama Yoga Level 1-2 (Anastasia T. live studio Exarchia)

https://us02web.zoom.us/meeting/register/fWk7WhFWRm6b8_ZRmuKKSA

Sunday 14/9/2025:

Vinyasa & Yin Yoga with Katerina at 11.00:

https://us02web.zoom.us/meeting/register/gd_Oj8wNTKerxOYDIDG48w

Saturday 27/9/2025:

Presentation 200hrs Yoga Teacher Training & Open class with Maria at 15.30:

<https://us02web.zoom.us/meeting/register/uCFDjcbITtuH3tpoAmMSg>

Sunday 28/7/2025:

Sunday Yoga Class with Panos at 11.00:

https://us02web.zoom.us/meeting/register/oLSy9IzzT9WIRPJLfK_Og

Sunday 12/10/2025:

Sunday Mandala with Anastasia at 11.00:

<https://us02web.zoom.us/meeting/register/7JhVZyEHRCCFSgsvdisM4w>

Saturday 18/10/2025:

Sadhana with Panos at 15.30:

<https://us02web.zoom.us/meeting/register/fzoMjD3kTbG4J5jWmqUNlg>

Sunday 9/11/2025

Sunday Mandala with Anastasia at 11.00:

https://us02web.zoom.us/meeting/register/rJN5_kmoT6KV71DlvXuT-g