

# CENTRE DE YOGA INDRA DU VAL D'OISE (yoga selon BKS Iyengar®)

## calendrier 2025 - 2026

| Décembre |   |         | Janvier |   |          | Février |   |         | Mars |   |       | Avril |   |         | Mai |   |          | Juin |   |          |
|----------|---|---------|---------|---|----------|---------|---|---------|------|---|-------|-------|---|---------|-----|---|----------|------|---|----------|
| 1        | L |         | 1       | J |          | 1       | D |         | 1    | D |       | 1     | M |         | 1   | V |          | 1    | L |          |
| 2        | M | Y1 Y2   | 2       | V |          | 2       | L |         | 2    | L |       | 2     | J | Y3 Y4   | 2   | S |          | 2    | M | SUPPRIME |
| 3        | M |         | 3       | S |          | 3       | M | Y1 Y2   | 3    | M |       | 3     | V |         | 3   | D |          | 3    | M |          |
| 4        | J | Y3 Y4   | 4       | D |          | 4       | M |         | 4    | M |       | 4     | S |         | 4   | L |          | 4    | J | Y3 Y4    |
| 5        | V |         | 5       | L |          | 5       | J | Y3 Y4   | 5    | J |       | 5     | D |         | 5   | M | Y1 Y2    | 5    | V |          |
| 6        | S |         | 6       | M | Y1 Y2    | 6       | V |         | 6    | V |       | 6     | L |         | 6   | M |          | 6    | S |          |
| 7        | D |         | 7       | M |          | 7       | S |         | 7    | S |       | 7     | M | Y1 Y2   | 7   | J | Y3 Y4    | 7    | D |          |
| 8        | L |         | 8       | J | Y3 Y4    | 8       | D |         | 8    | D |       | 8     | M |         | 8   | V |          | 8    | L |          |
| 9        | M | Y1 Y2   | 9       | V |          | 9       | L |         | 9    | L |       | 9     | J | Y3 Y4   | 9   | S |          | 9    | M | STAGE    |
| 10       | M |         | 10      | S |          | 10      | M | Y1 Y2   | 10   | M | Y1 Y2 | 10    | V |         | 10  | D |          | 10   | M |          |
| 11       | J | Y3 Y4   | 11      | D |          | 11      | M |         | 11   | M |       | 11    | S |         | 11  | L |          | 11   | J | Y3 Y4    |
| 12       | V |         | 12      | L |          | 12      | J | Y3 Y4   | 12   | J | Y3 Y4 | 12    | D |         | 12  | M | Y1 Y2    | 12   | V |          |
| 13       | S |         | 13      | M | Y1 Y2    | 13      | V |         | 13   | V |       | 13    | L |         | 13  | M |          | 13   | S |          |
| 14       | D |         | 14      | M |          | 14      | S |         | 14   | S |       | 14    | M | Y1 Y2 S | 14  | J | FERIE    | 14   | D |          |
| 15       | L |         | 15      | J | Y3 Y4    | 15      | D |         | 15   | D |       | 15    | M |         | 15  | V |          | 15   | L |          |
| 16       | M | Y1 Y2 S | 16      | V |          | 16      | L |         | 16   | L |       | 16    | J | Y3 Y4 S | 16  | S |          | 16   | M | Y1 Y2 S  |
| 17       | M |         | 17      | S |          | 17      | M | Y1 Y2 S | 17   | M | Y1 Y2 | 17    | V |         | 17  | D |          | 17   | M |          |
| 18       | J | Y3 Y4 S | 18      | D |          | 18      | M |         | 18   | M |       | 18    | S |         | 18  | L |          | 18   | J | Y3 Y4 S  |
| 19       | V |         | 19      | L |          | 19      | J | Y3 Y4 S | 19   | J | Y3 Y4 | 19    | D |         | 19  | M | STAGE    | 19   | V |          |
| 20       | S |         | 20      | M | STAGE    | 20      | V |         | 20   | V |       | 20    | L |         | 20  | M |          | 20   | S |          |
| 21       | D |         | 21      | M |          | 21      | S |         | 21   | S |       | 21    | M |         | 21  | J | Y3 Y4    | 21   | D |          |
| 22       | L |         | 22      | J | Y3 Y4    | 22      | D |         | 22   | D |       | 22    | M |         | 22  | V |          | 22   | L |          |
| 23       | M |         | 23      | V |          | 23      | L |         | 23   | L |       | 23    | J |         | 23  | S |          | 23   | M |          |
| 24       | M |         | 24      | S |          | 24      | M |         | 24   | M | Y1 Y2 | 24    | V |         | 24  | D |          | 24   | M |          |
| 25       | J |         | 25      | D |          | 25      | M |         | 25   | M |       | 25    | S |         | 25  | L |          | 25   | J |          |
| 26       | V |         | 26      | L |          | 26      | J |         | 26   | J | Y3 Y4 | 26    | D |         | 26  | M | SUPPRIME | 26   | V |          |
| 27       | S |         | 27      | M | SUPPRIME | 27      | V |         | 27   | V |       | 27    | L |         | 27  | M |          | 27   | S |          |
| 28       | D |         | 28      | M |          | 28      | S |         | 28   | S |       | 28    | M |         | 28  | J | STAGE    | 28   | D |          |
| 29       | L |         | 29      | J | Y3 Y4    |         |   |         | 29   | D |       | 29    | M |         | 29  | V |          | 29   | L |          |
| 30       | M |         | 30      | V |          |         |   |         | 30   | L |       | 30    | J |         | 30  | S |          | 30   | M |          |
| 31       | M |         | 31      | S |          |         |   |         | 31   | M | Y1 Y2 |       |   |         | 31  | D |          |      |   |          |

**Gymnase Maubuisson**  
**les MARDIS**  
Y1 - 18h00 / 19h30 (+ de 14 ans)  
Y2 - 19h30 / 21h00 (+ de 14 ans)

**Gymnase Saint Exupéry**  
**les JEUDIS**  
Y3 - 18h00 / 19h30 (+ de 14 ans)  
Y4 - 19h30 / 21h00 (+ de 14 ans)

**S =**  
**Stage 18h00 / 21h00 le mardi**  
**Stage 18h00 / 21h00 le jeudi**

**Assemblée générale**  
**16-juin-26**  
**gymnase Maubuisson**

**vacances scolaires zone C**