



THE
ORIENTAL SPA
HONG KONG

Yoga Class Time Table							
21 st to 27 th May, 2012							
Time	Mon 21	Tue 22	Wed 23	Thurs 24	Fri 25	Sat 26	Sun 27
06:30 – 09:45	Mysore <i>Lily</i>	Mysore <i>Lily</i>	Mysore <i>Lily</i>	Mysore <i>Lily</i>	Ashtanga Primary Open Self Practice 06:30 - 08:00 Ashtanga Led Primary Series 08:15 - 09:45 <i>Moises</i>	Ashtanga Beginners 9.00 – 10.15 <i>Yulee</i>	Mysore 6:30 – 9:30 <i>Winnie</i> Mat Pilates 10.00 – 11.00 <i>Fanny</i>
10:30 – 11:45	Ashtanga Beginners <i>Cindy</i>	Hatha Yoga <i>Cindy</i>	Yang to Yin <i>Rosanna</i>	Hatha Yoga <i>Miko</i>	Hatha Yoga <i>Miko</i>	Hatha Yoga 10.30 -11.45 <i>Yulee</i>	Ashtanga Beginners 11.15 – 12.30 <i>Siu Shan</i>
12.30 – 13:45	Ashtanga On The Run <i>Cindy</i>	Ashtanga On The Run <i>Moises</i>	Ashtanga On The Run <i>Rosanna</i>	Ashtanga On The Run <i>Moises</i>	Ashtanga On The Run <i>Moises</i>	Ashtanga Level 1 – 2 12.00 – 13.30 <i>Holly</i>	Ashtanga Level 1- 2 12.45 -14.00 <i>Siu Shan</i>
14:00 – 17:00	Mat Pilates 15:00 – 16:00 <i>Bibi</i>	Mat Pilates 15:00 – 16:00 <i>Fanny</i>	Mat Pilates 15:30 – 16.30 <i>Fanny</i>	Afternoon Yoga Bring out the Willingness to Understand yourself 15.30 – 16.30 <i>Ashiya</i>	Afternoon Yoga Bring out the Willingness to Understand yourself 15.30 – 16.30 <i>Ashiya</i>	Hatha Yoga 13.45 – 15.15 <i>Rossana</i>	Yang to Yin 14.15 – 15.30 <i>Siu Shan</i>
17:15 – 18:15	Hatha Yoga <i>Miko</i>	Ashtanga 1 <i>Moises</i>	Hatha Yoga <i>Rosanna</i>	Hatha Yoga <i>Cindy</i>	Hatha Yoga <i>Rossana</i>	Hatha Yoga 17.15 -18.30 <i>Siu Shan</i>	Hatha Yoga 17.15 -18.30 <i>Cindy</i>
18:30 – 19:30	Evening Mysore Start anytime, beginners welcome!	Hatha Yoga <i>Denise</i>	Ashtanga Beginners <i>Cindy</i>	Ashtanga Beginners <i>Denise</i>	Evening Mysore Start anytime, beginners welcome!		
19:45 - 20:45	<i>Denise</i>	Yoga Gently <i>Denise</i>	Ashtanga 1 <i>Cindy</i>	Yoga Gently <i>Denise</i>	<i>Winnie</i>		

Reservations for group yoga classes are not required. For the well being of all participants, please arrive on time.
We reserve the right to request that guests do not enter the studio 5 min past the start time.
Private classes are available from 6am to 9pm subject to instructor's availability.

Notes for this week:

Afternoon Yoga Bring out the Willingness to understand yourself

Ashiya has nearly 50 years of experience, under the tutelage of the renowned Yoga Master, Swami Dharendra Brahmachari, New Delhi India in 1967. She has given lessons to the Prime Minister of India, Mrs. Indira Gandhi, the Health Minister of India and during her stay in New Delhi. She has also been teaching at the Sweden Centre at Roppongi Hills, Tokyo.

Selections of Rates:

One Class, \$300 / Series of 10 sessions, \$2,600 / Monthly Unlimited, \$2,800 / Monthly Mysore, \$2,200
Kindly contact The Oriental Spa on 2132-0011 or www.mandarinoriental.com for updates.

PILATES MAT classes Come join us for Mat classes on Sunday morning, with our Mat work our specialist instructor
Fanny.

Price per session is \$325 / Series of 10 sessions, \$2,900