



Yoga Class Time Table 16th November – 22nd November 2009

Time	Mon 16	Tue 17	Wed 18	Thur 19	Fri 20	Sat 21	Sun 22
06:30 – 09:45	Mysore <i>Hortario</i> <i>Amanda</i> Beginners 8:30	New Moon Pranayama, Meditation and discussion 7 – 9.00 Pranayama 9 – 9.30	Mysore <i>Hortario</i> <i>Amanda</i> Beginners 8:30	Mysore <i>Hortario</i> <i>Amanda</i> Beginners 8:30	Mysore Style Led 06:30 - 08:00	Arm Balancing Workshop: Surrender to the Earth 10am to 12pm <i>Hortario</i> 480 HKD	Mysore 8:00 - 10:15 <i>Hortario</i> <i>amanda</i>
					<i>Hortario</i>		
					Mysore Style Led 08:15 - 09:45		
					<i>amanda</i>		
10:30 - 12:00	Ashtanga Beginners 10.30 - 11.45 <i>amanda</i>	Hatha Yoga 10.30 - 11.45 <i>Hortario</i>		Hatha Yoga 10.30 - 11.45 <i>Cindy</i>	Ashtanga Beginners 10.30 - 11.45 <i>Hortario</i>		Ashtanga Beginners 10.30 - 11.45
							<i>Valerie</i>
12.30 - 13:45	Ashtanga On The Run <i>Hortario</i>	Ashtanga On The Run <i>amanda</i>	Ashtanga On The Run <i>amanda</i>	Ashtanga On The Run <i>Hortario</i>	Ashtanga On The Run <i>Lily</i>		Ashtanga Level 1 - 2 12.00 - 13.30 <i>Yulee</i>
							Ashtanga Level 1 - 2 12.00 - 13.30 Anjali
14:00 – 17:00							Hatha Yoga 13:45 - 15:15 <i>Yulee</i>
							Hatha Yoga 13:45 - 15:15 Anjali
17:15 - 18:15	Hatha Yoga <i>Anjali</i>	Ashtanga 1 <i>Hortario</i>	Hatha Yoga <i>Hortario</i>	Ashtanga 1 <i>amanda</i>	Hatha Yoga <i>Cindy</i>		Hatha Yoga 17:15 -18:30 <i>Grace</i>
							Hatha Yoga 17:15 -18:30 <i>Cindy</i>
18:30 - 19:30	Ashtanga Level 1-2 <i>Anjali</i>	Hatha Yoga <i>Hortario</i>	Ashtanga Beginners <i>Hortario</i>	Hatha Yoga <i>Grace</i>	Ashtanga Beginners <i>Winnie</i>		
19:45 - 20:45	Ashtanga Beginners <i>Holly</i>	Yoga Gently <i>Yulee</i>	Yoga Gently <i>Cindy</i>	Yoga Gently <i>Grace</i>	Ashtanga Level 1-2 <i>Winnie</i>		

**Reservations for group yoga classes are not required. For the well being of all participants, please arrive on time.
Private classes are available from 6am to 9pm subject to instructor's availability.**

Prices:

Yoga Group Classes

One Class	\$250
Series of 10 sessions	\$1,900
Monthly, Unlimited	\$2,200
3 Months, Unlimited	\$5,400
12 Months, Unlimited	\$18,000

Mysore Group

Mysore One Month	\$1,750
Mysore Three Months	\$4,400

Swimming Pool

Day	\$350
6 Months	\$10,500
12 Months	\$18,000

Yoga Private Session

One-on-One	60 mins	\$1,200
One-on-One	90 mins	\$1,500
With Certified & Authorized instructors by P. Jois + 10%	60 mins	\$1,320
	90 mins	\$1,650

Pilates

1 Private Session	60 mins	\$850
10 Private Series	60 mins	\$7,650
1 Private Session	90 mins	\$1,145
10 Private Series	90 mins	\$10,305
1 Semi-Private	60 mins	\$1,400
10 Semi-Private	60 mins	\$12,300

Please visit www.mandarinoriental.com for our weekly schedule. Please note that listed timetables may be subject to change. Kindly contact The Oriental Spa on 2132-0173 for updates.