



Yoga Class Time Table							
13 th to 19 th February 2012							
Time	Mon 13	Tue 14	Wed 15	Thur 16	Fri 17	Sat 18	Sun 19
06:30 – 09:45	Mysore <i>Lily</i>	Mysore <i>Lily</i>	Mysore <i>Tiana</i>	Mysore <i>Lily</i>	Ashtanga Primary Open Practice 06:30 - 08:00 <i>Hortario</i>	Ashtanga Beginners 9.00 – 10.15 <i>Denise</i>	Mysore 8.00 – 10.15 Pranayama 10.15 – 11.00 <i>Lily</i>
					Ashtanga Led Primary Series 08:15 - 09:45 <i>Tiana</i>		
10:30 – 11:45	Ashtanga Beginners <i>Hortario</i>	Hatha Yoga <i>Tiana</i>	Yang to Yin <i>Denise</i>	Hatha Yoga <i>Miko</i>	Ashtanga Beginners <i>Tiana</i>	Hatha Yoga 10.30 -11.45 <i>Denise</i>	Ashtanga Beginners 11.15 – 12.30 <i>Tiana</i>
						Ashtanga Level 1 – 2 12.00 – 13.30 <i>Moises</i>	Ashtanga Levels 1- 2 12.45 -14.00 <i>Siu Shan</i>
12.30 – 13:45	Ashtanga On The Run <i>Cindy</i>	Ashtanga On The Run <i>Tiana</i>	Ashtanga On The Run <i>Denise</i>	Ashtanga On The Run <i>Tiana</i>	Ashtanga On The Run <i>Hortario</i>	Hatha Yoga 13.45 – 15.15 <i>Moises</i>	Yang to Yin 14.15 – 15.30 <i>Siu Shan</i>
						Ashtanga 1 15.30 – 17.00 <i>Siu Shan</i>	Ashtanga 1 15.45 – 17.00 <i>Cindy</i>
14:00 – 17:00			PILATES MAT <i>Jill</i> 15:00-16:00				
17:15 – 18:15	Hatha Yoga <i>Hortario</i>	Ashtanga 1 <i>Hortario</i>	Hatha Yoga <i>Hortario</i>	Ashtanga 1 <i>Hortario</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>Hortario</i>	Ashtanga Beginners <i>Hortario</i>	Evening Mysore Start anytime, beginners welcome!	Ashtanga Beginners <i>Winnie</i>		
19:45 – 20:45	<i>Denise</i>	Yoga Gently <i>Denise</i>	Ashtanga 1 <i>Cindy</i>	<i>Denise</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:

Hatha Class on Tuesday 10.30am will be a combination of Paranyama with asanas:
Pranayama is the science of breath. Through the practice of yogic breathing practitioners will see an increase in their respiratory system and overall health as we work with the breath to nourish the entire nervous system. The class will then follow with Hatha yoga.

PILATES MAT classes, now regularly scheduled on Wednesdays with our Mat workout specialist instructor Jill.
Price per session is \$325.