



Yoga Class Time Table							
6 th to 12 th February 2012							
Time	Mon 6	Tue 7	Wed 8	Thur 9	Fri 10	Sat 11	Sun 12
06:30 – 09:45	Mysore <i>Hortario</i>	Full Moon Moon Day Restorative 06:30 – 08:00 <i>Lily</i>	Mysore <i>Hortario</i>	Mysore <i>Lily</i>	Ashtanga Primary Open Practice 06:30 - 08:00 <i>Hortario</i> Ashtanga Led Primary Series 08:15 - 09:45 <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>
10:30 – 11:45	Ashtanga Beginners <i>Cindy</i>	Hatha Yoga <i>Hortario</i>	Yang to Yin <i>Denise</i>	Hatha Yoga <i>Miko</i>	Ashtanga Beginners <i>Moises</i>	Hatha Yoga 10.30 -11.45 <i>Denise</i>	Ashtanga Beginners 11.15 – 12.30 <i>Hortario</i>
12.30 – 13:45	Ashtanga On The Run <i>Cindy</i>	Ashtanga On The Run <i>Hortario</i>	Ashtanga On The Run <i>Denise</i>	Ashtanga On The Run <i>Moises</i>	Ashtanga On The Run <i>Hortario</i>	Ashtanga Level 1 – 2 12.00 – 13.30 <i>Rossana</i>	Ashtanga Levels 1- 2 12.45 -14.00 <i>Siu Shan</i>
14:00 – 17:00						Hatha Yoga 13.45 – 15.15 <i>Rossana</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>
17:15 – 18:15	Hatha Yoga <i>Moises</i>	Ashtanga 1 <i>Moises</i>	Hatha Yoga <i>Moises</i>	Ashtanga 1 <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>	Evening Mysore Start anytime, beginners welcome!	Ashtanga Beginners <i>Winnie</i>		PILATES WORKSHOP 18:45-19:45
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:

SPECIAL PILATES WORKSHOP: What is Pilates and its benefits? How can it help me walk, run, train better? Can Pilates help me with my yoga practice? Is it true Pilates has anti-aging benefits? The Oriental Spa invites you to ask these questions, and more, during our intimate 60 minute educational workshop. The agenda will begin with an information session followed by take home tips and demonstrations with a Q&A session.

When: Sunday February 12th 2012, 18:45pm-19:45pm

Where: Yoga studio at The Oriental Spa

Cost: Advance registration required with a class fee of \$200* per person. *(deposit applicable towards a private Pilates session)

Please arrange with the concierge desk or call our Spa at 2132-0011

Instructor: Ms. Fanny Lam

Selections of Rates: One Class, \$260 / Series of 10 sessions, \$2,100 / Monthly Unlimited, \$2,300 / Monthly Mysore, \$1,850
Kindly contact The Oriental Spa on 2132-0011 or www.mandarinoriental.com for updates.