



Yoga Class Time Table							
18 th - 24 th April 2011							
Time	Full Moon Mon 18	Tue 19	Wed 20	Thur 21	Fri 22	Sat 23	Sun 24
06:30 – 09:45	Moon Day Restorative 06.30 – 8.00 <i>Moises</i>	Mysore <i>Lily</i>	Mysore <i>Lily</i>	Mysore <i>Amari (Tiana)</i>	Ashtanga Led Primary Series 06:30 - 08:00 <i>Moises</i>	Ashtanga Beginners 9.00 – 10.15 <i>Amari (Tiana)</i>	Mysore 8.00 – 10.15 <i>Amari (Tiana)</i> Pranayama 10.15 – 11.00 <i>Amari (Tiana)</i>
	Pranayama 8.15 – 9.15 <i>Amari (Tiana)</i>				Ashtanga Led Primary Series 08:15 - 09:45 <i>Moises</i>		
10:30 - 11:45	Ashtanga Beginners <i>Siu Shan</i>	Hatha Yoga <i>Cindy</i>	Yang to Yin <i>Siu Shan</i>	Hatha Yoga <i>Amari (Tiana)</i>	Ashtanga Beginners <i>Amari (Tiana)</i>	Hatha Yoga 10.30 -11.45 <i>Amari (Tiana)</i>	Ashtanga Beginners 11.15 – 12.30 <i>Moises</i>
						Ashtanga Level 1 - 2 12.00 - 13.30 <i>Moises</i>	Ashtanga Level 2 12.45 -14.00 <i>Siu Shan</i>
12.30 - 13:45	Ashtanga On The Run <i>Amari (Tiana)</i>	Ashtanga On The Run <i>Cindy</i>	Ashtanga On The Run <i>Siu Shan</i>	Ashtanga On The Run <i>Moises</i>	Ashtanga Led Primary <i>Amari (Tiana)</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							
17:15 - 18:15	Hatha Yoga	Ashtanga 1 <i>Amari (Tiana)</i>	Hatha Yoga <i>Amari (Tiana)</i>	Ashtanga 1 <i>Siu Shan</i>	Hatha Yoga <i>Cindy</i>	Hatha Yoga 17.15 -18.30 <i>Siu Shan</i>	Hatha Yoga 17.15 -18.30 <i>Cindy</i>
	<i>Cindy</i>						
18:30 - 19:30	Mysore start anytime, finish by 20.45; beginners welcome! <i>Denise</i>	Hatha Yoga <i>Amari (Tiana)</i>	Ashtanga Beginners <i>Cindy</i>	Hatha Yoga <i>Denise</i>	Ashtanga Beginners <i>Winnie</i>		
19:45 - 20:45		Yoga Gently <i>Siu Shan</i>	Ashtanga 1 <i>Cindy</i>	Yoga Gently <i>Denise</i>	Ashtanga 2 19:45 – 20:45 <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.

Notes for this week:

Monday: Traditionally, we do not practice morning Mysore Ashtanga on a Moon Day. On this full moon Monday, we have a **Moon Day Restorative Class** (6.30am – 8.00am) with *Moises*.

Wednesday and Sunday: Yang to Yin Yoga This class will start with a more dynamic or “Yang” style flow and then move into the Yin portion with longer holds, a slower pace and more time spent on the floor. Yang to Yin is less vigorous than the Ashtanga sequence and suitable for all levels.

Sunday: What better way to start a Sunday than with our Sunday Morning Mysore-style Ashtanga Yoga Class? Focusing on guided self-practice, come with your friends and meet like-minded yogis with our complimentary after-class Indian Chai and Mysore style snacks.

Selections of Rates: One Class, \$260 / Series of 10 sessions, \$1,960 / Monthly Unlimited, \$2,300 / Monthly Mysore, \$1,850
Kindly contact The Oriental Spa on 2132-0011 or www.mandarinoriental.com for updates.