



Yoga Class Time Table 22nd – 28th February 2010

Time	Mon 22	Tue 23	Wed 24	Thur 25	Fri 26	Sat 27	Sun 28
06:30 – 09:45	Mysore <i>Hortario</i>	Mysore <i>Hortario</i> <i>Lily</i>	Mysore <i>Hortario</i> <i>amanda</i>	Mysore <i>amanda</i> <i>Hortario</i>	Mysore Led 06:30 - 08:00	Ashtanga Beginners 9.00 – 10.15 <i>Cindy</i>	Mysore 8:00 - 10:15 <i>Hortario</i> <i>amanda</i> Yoga Phil 10.15 – 11.00 <i>Hortario</i>
					<i>Hortario</i>		
					Mysore Led 08:15 - 09:45 <i>amanda</i>		
10:30 - 11:45	Ashtanga Beginners 10.30 - 11.45 <i>amanda</i>	Hatha Yoga 10.30 - 11.45 <i>Cindy</i>		Hatha Yoga 10.30 - 11.45 <i>Hortario</i>	Ashtanga Beginners 10.30 - 11.45 <i>amanda</i>	Hatha Yoga 10.30 - 11.45 <i>Cindy</i>	Ashtanga Beginners 11.15 - 12.30 <i>Holly</i>
12.30 - 13:45	Ashtanga On The Run <i>Cindy</i>	Ashtanga On The Run <i>Hortario</i>	Ashtanga On The Run <i>amanda</i>	Ashtanga On The Run <i>Lily</i>	Ashtanga On The Run <i>Hortario</i>	Ashtanga Level 1 - 2 12.00 - 13.30 <i>Winnie</i>	Ashtanga Level 2 12.30 - 14.00 <i>Holly</i>
							Hatha Yoga 14:15 - 15:30 <i>Hortario</i>
14:00 – 17:00						Hatha Yoga 13.45 – 15.15 <i>Holly</i>	Hatha Yoga 14:15 - 15:30 <i>Hortario</i>
							Ashtanga 1 15:45 - 17:00 <i>Cindy</i>
17:15 - 18:15	Hatha Yoga <i>Cindy</i>	Ashtanga 1 <i>amanda</i>	Hatha Yoga <i>Hortario</i>	Ashtanga 1 <i>amanda</i>	Hatha Yoga <i>Cindy</i>	Hatha Yoga 17:15 - 18:30 <i>Carmen</i>	Hatha Yoga 17:15 - 18:30 <i>Cindy</i>
18:30 - 19:30	Mysore start anytime, finish by 20.45; beginners welcome! <i>amanda</i>	Hatha Yoga <i>Valerie</i>	Ashtanga Beginners <i>Hortario</i>	Hatha Yoga <i>Valerie</i>	Ashtanga Beginners <i>Winnie</i>		
19:45 - 20:45		Yoga Gently <i>Yulee</i>	Ashtanga 1 <i>Cindy</i>	Yoga Gently <i>Valerie</i>	Ashtanga Led Primary 19:45 – 21:15 <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 2132-0011 for updates.



Notes for this week:

Monday

Please note for the **evening Mysore**: Please arrive so that you can finish your practice by 8:45pm.

Beginners start at any time – don't worry if you don't have anything memorized or if it is your first time to even try yoga. Whatever your level, the instructor will tailor the session for your individual level. Have patience with yourself and the process. 99.9% practice!!!

Some tips for beginners:

- Try to hydrate before and after practice – avoid taking liquid for about 30 minutes before and during practice. Try to come with an empty stomach (best not to eat at least 2 hours before practice).
- In the beginning, your practice may last only 30 – 45 minutes (this will depend on several factors including fitness level, memorization of the sequence, etc).
- Enjoy the process!

Friday

Led Primary Series (Ash Level 2-3). Similar to the traditional Friday morning Mysore Led Class, in this class, the aim is to cover the entire Ashtanga Primary Series in traditional Led format. For those not familiar with the second half of the Primary Series, this class is also for you! Experience the full Primary Series in traditional counting style. It will be a challenging class, so relax and enjoy the challenge.

Saturday and Sunday

Regular Schedule

