



## Yoga Class Time Table 16<sup>th</sup> – 22<sup>nd</sup> August 2010

Time	Mon 16	Tue 17	Wed 18	Thur 19	Fri 20	Sat 21	Sun 22
06:30 – 09:45	Mysore <i>Hortario</i> <i>Grace</i>	Mysore <i>amanda</i> <i>Hortario</i>	Mysore <i>amanda</i> <i>Hortario</i>	Mysore <i>amanda</i>	Ashtanga Led Primary Series 06:30 - 08:00 <i>amanda</i>	Ashtanga Beginners 9.00 – 10.15 <i>Cindy</i>	Mysore 8.00 – 10.15 <i>amanda</i>
					Ashtanga Led Primary Series 08:15 - 09:45 <i>Hortario</i>		Pranayama 10.15 – 11.00 <i>amanda</i> <i>Neil</i>
10:30 - 11:45	Ashtanga Beginners 10.30 - 11.45 <i>Holly</i>	Hatha Yoga 10.30 - 11.45 <i>Cindy</i>	Hatha Yoga 10.30 - 11.45 <i>Hortario</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>Hortario</i>
							Ashtanga Level 1 - 2 12.00 - 13.30 <i>Yulee</i>
12.30 - 13:45	Ashtanga On The Run <i>Holly</i>	Ashtanga On The Run <i>Cindy</i>	Ashtanga On The Run <i>amanda</i>	Ashtanga On The Run <i>Hortario</i>	Ashtanga On The Run <i>Hortario</i>	Hatha Yoga 13.45 – 15.15 <i>Yulee</i>	Hatha Yoga 14.15 – 15.30 <i>Moises</i>
							Ashtanga 1 15.30 – 17.00 <i>Grace</i>
14:00 – 17:00						Ashtanga 1 15.30 – 17.00 <i>Grace</i>	Ashtanga 1 15.45 – 17.00 <i>Cindy</i>
17:15 - 18:15	Hatha Yoga <i>Hortario</i>	Ashtanga 1 <i>Grace</i>	Hatha Yoga <i>Hortario</i>	Ashtanga 1 <i>Moises</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	<b>Mysore</b> start anytime, finish by 20.45; beginners welcome!	Hatha Yoga <i>Grace</i>	Ashtanga Beginners <i>Cindy</i>	Hatha Yoga <i>Denise</i>	Ashtanga Beginners <i>Winnie</i>		
19:45 - 20:45	<i>Denise</i>	Yoga Gently <i>Yulee</i>	Ashtanga 1 <i>Cindy</i>	Yoga Gently <i>Denise</i>	Ashtanga Led Primary Series 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:** Please note for the evening Mysore: Start at any time, please arrive so that you can finish your practice by 8:45pm. Ashtanga learned the traditional way - for your individual level.

**Sunday: Pranayama:** Continues this week, we have **Neil Barker** instructing the Pranayama class. Neil is the former Director of Education and Training for Centered Yoga Institute at Yoga Thailand. Besides being a fellow Authorized Ashtanga teacher, he has been a direct student of Sri O.P. Tiwari of the Kaivalyadhama Institute for over five years and has been given his blessing to teach the yogic breathing techniques (Pranayama).

This class is part of an ongoing series for the month of August and is suitable for all levels – please join whether you are brand new to yoga and/or yoga breathing or have an advanced practice! There may be time for a short meditation at the end. At this time, there is no addition charge to Mysore class participants.

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](http://www.mandarinoriental.com) for updates.