

CHECK OUT CALENDAR



- All Category • Advance Yoga • Ashtanga • Core Strength • Hatha Yoga • Kriya Yoga • Kundalini Yoga • Lunch • Meditation
- Power Yoga • Pranayama • Tantra • Therapy • Vinyasa Flow • Yin Yoga • Yoga Dance



JUL 7 – 13, 2019



| TIME | SUNDAY JULY 7, 2019 | MONDAY JULY 8, 2019 | TUESDAY JULY 9, 2019 | WEDNESDAY JULY 10, 2019 | THURSDAY JULY 11, 2019 | FRIDAY JULY 12, 2019 | SATURDAY JULY 13, 2019 |
|----------|---|---|---|---|---|--|---|
| 6:00 am | SUN SALUTATION JOINED WITH JOINT | SUN SALUTATION WITH DIGESTIVE | SUN SALUTATION JOINED WITH JOINT | SUN SALUTATION WITH DIGESTIVE | SUN SALUTATION JOINED WITH JOINT FREEDOM | | |
| 7:00 am | 7:00 am - 8:00 am KRIYA YOGA | 7:00 am - 8:00 am WEIGHT LOSS YOGA | 7:00 am - 8:00 am KRIYA YOGA | 7:00 am - 8:00 am WEIGHT LOSS YOGA | 7:00 am - 8:00 am KRIYA YOGA | | |
| 8:00 am | 8:00 am - 9:00 am YIN YOGA (YOGA,BUDDHI SM.TAOISM) | 8:00 am - 9:00 am VINYASA FLOW & STANDING POSES | 8:00 am - 9:00 am YIN YOGA (YOGA,BUDDHI SM.TAOISM) | 8:00 am - 9:00 am VINYASA FLOW & STANDING POSES | 8:00 am - 9:00 am YIN YOGA (YOGA,BUDDHI SM.TAOISM) | SOLAR KRIYA WITH ENERGIZATION | ASHTANGA SUN SALUTE A & B & ENERGISATION |
| 9:00 am | 9:00 am - 10:00 am MUDRAS & BANDHAS | 9:00 am - 10:00 am HIP OPENERS & FORWARD BENDS | 9:00 am - 10:00 am MUDRAS & BANDHAS | 9:00 am - 10:00 am HIP OPENERS & FORWARD BENDS | 9:00 am - 10:00 am MUDRAS & BANDHAS | 9:00 am - 10:00 am YOGA FOR MINDFULNESS | YOGA FOR DIGESTIVE SYSTEM |
| 10:00 am | 10:00 am - 11:00 am YOGA THERAPY | 10:00 am - 11:00 am DEVELOP STRONG CORE & UPPER BODY | 10:00 am - 11:00 am YOGA THERAPY | 10:00 am - 11:00 am DEVELOP STRONG CORE & UPPER BODY | 10:00 am - 11:00 am YOGA THERAPY | 10:00 am - 11:00 am YOGA & ADJUSTMENTS WITH PROPS | YOGA MANAGEMENT OF ASTHMA & |
| 11:00 am | 11:00 am - 12:00 pm 28 DAY YOGA & KETODASH FOR WEIGHT LOSS | 11:00 am - 12:00 pm POSES FOR NECK & SHOULDER | 11:00 am - 12:00 pm 28 DAY YOGA & KETODASH FOR WEIGHT LOSS | 11:00 am - 12:00 pm POSES FOR NECK & SHOULDER | 11:00 am - 12:00 pm 28 DAY YOGA & KETODASH FOR WEIGHT LOSS | 11:00 am - 12:00 pm ARM BALANCES & INVERSIONS (HIGH YOGA) | YOGA TO IMPROVE BLOOD CIRCULATION & YOGA TO |
| 12:00 pm | 12:00 pm - 1:00 pm 11 TANTRIC YOGA KRIYAS | 12:00 pm - 1:00 pm YOGA TO BOOST HEART HEALTH - SHIV | 12:00 pm - 1:00 pm 11 TANTRIC YOGA KRIYAS | 12:00 pm - 1:00 pm YOGA TO BOOST HEART HEALTH - SHIV | 12:00 pm - 1:00 pm 11 TANTRIC YOGA KRIYAS | 12:00 pm - 1:00 pm XXL YOGA (FOR MORE THAN 20 KG. WEIGHT | YOGA TO IMPROVE IMMUNITY & PREVENT |
| 1:00 pm | 1:00 pm - 2:00 pm AROMATHERAPY YOGA NUTRITION - | 1:00 pm - 2:00 pm AROMATHERAPY YOGA NUTRITION - | 1:00 pm - 2:00 pm AROMATHERAPY YOGA NUTRITION - | 1:00 pm - 2:00 pm AROMATHERAPY YOGA NUTRITION - | 1:00 pm - 2:00 pm AROMATHERAPY YOGA NUTRITION - | | |
| 2:00 pm | 2:00 pm - 3:00 pm YOGA FOR BEGINNERS | 2:00 pm - 3:00 pm BREATHING PRACTICES TO CREATE CALM | 2:00 pm - 3:00 pm YOGA FOR BEGINNERS | 2:00 pm - 3:00 pm BREATHING PRACTICES TO CREATE CALM | 2:00 pm - 3:00 pm YOGA FOR BEGINNERS | | |
| 3:00 pm | 3:00 pm - 4:00 pm ESSENTIAL YOGA | 3:00 pm - 4:00 pm YOGA FOR BACKACHE | 3:00 pm - 4:00 pm ESSENTIAL YOGA | 3:00 pm - 4:00 pm YOGA FOR BACKACHE | 3:00 pm - 4:00 pm ESSENTIAL YOGA | | |
| 4:00 pm | 4:00 pm - 5:00 pm YOGA FOR BALANCE | 4:00 pm - 5:00 pm BEYOND POWER YOGA | 4:00 pm - 5:00 pm YOGA FOR BALANCE | 4:00 pm - 5:00 pm BEYOND POWER YOGA | 4:00 pm - 5:00 pm YOGA FOR BALANCE | 4:00 pm - 5:00 pm PARTNER YOGA | 4:00 pm - 5:00 pm YOGA FOR UPPER, MIDDLE & LOWER BACK |
| 5:00 pm | 5:00 pm - 6:00 pm ASHTANGA YOGA | 5:00 pm - 6:00 pm 24 NEED TO KNOW POSES FOR | 5:00 pm - 6:00 pm ASHTANGA YOGA | 5:00 pm - 6:00 pm 24 NEED TO KNOW POSES FOR | 5:00 pm - 6:00 pm ASHTANGA YOGA | 5:00 pm - 6:00 pm YOGA ALIGNMENTS & POSTURE | 5:00 pm - 6:00 pm YOGA TO REGULATE HORMONES |
| 6:00 pm | 6:00 pm - 7:00 pm YOGA,MIND & BODY, A RETURN TO | 6:00 pm - 7:00 pm YOGA TWISTS & TURNS TO FIGHT FATIGUE | 6:00 pm - 7:00 pm YOGA,MIND & BODY, A RETURN TO | 6:00 pm - 7:00 pm YOGA TWISTS & TURNS TO FIGHT FATIGUE | 6:00 pm - 7:00 pm YOGA,MIND & BODY, A RETURN TO | 6:00 pm - 7:00 pm ADVANCED YOGA | 6:00 pm - 7:00 pm YOGA FOR BRAIN AND NERVOUS SYSTEM |
| 7:00 pm | 7:00 pm - 8:00 pm YOGA FOR BACKPAIN | 7:00 pm - 8:00 pm YOGA, MIND & BODY, A RETURN TO | 7:00 pm - 8:00 pm YOGA FOR BACKPAIN | 7:00 pm - 8:00 pm YOGA, MIND & BODY, A RETURN TO | 7:00 pm - 8:00 pm YOGA FOR BACKPAIN | 7:00 pm - 8:00 pm YOGA FOR BALANCE (BEGINNER & | 7:00 pm - 8:00 pm CREATIVE VISUALIZATION MEDITATION |
| 8:00 pm | 8:00 pm - 9:00 pm ACTIVATING AJNA CHAKRA - MEDITATION | 8:00 pm - 9:00 pm ACTIVATING CHAKRAS | 8:00 pm - 9:00 pm ACTIVATING AJNA CHAKRA - MEDITATION | 8:00 pm - 9:00 pm ACTIVATING CHAKRAS | 8:00 pm - 9:00 pm ACTIVATING AJNA CHAKRA - MEDITATION | | |
| 9:00 pm | | | | | | | |