



W E E K L Y S C H E D U L E L I V E / O N L I N E

M O N D A Y

07:00 - 07:30
MEDITATION & MANTRA
08:00 - 08:30
PRANAYAMA
08:30 - 10:30
ASHTANGA MYSORE
12:30 - 14:30
ADJUSTMENTS WORKSHOP
16:00 - 17:00
YOGA ANATOMY
17:00 - 18:30
YOGA PHILOSOPHY
19:00 - 20:30
ASHTANGA LED

T H U R S D A Y

07:00 - 07:30
MEDITATION & MANTRA
08:00 - 08:30
PRANAYAMA
08:30 - 10:30
ASHTANGA MYSORE
12:30 - 14:30
ADJUSTMENTS & HANDS
ON ASSISTS WORKSHOP
17:00 - 18:30
YOGA PHILOSOPHY
19:00 - 20:30
IYENGAR / VINYASA
TECHNIQUE & ALIGNMENT

T U E S D A Y

07:00 - 07:30
MEDITATION & MANTRA
08:00 - 08:30
PRANAYAMA
08:30 - 10:30
ASHTANGA MYSORE
12:30 - 14:30
ADJUSTMENTS & HANDS
ON ASSISTS WORKSHOP
17:00 - 18:30
YOGA PHILOSOPHY
19:00 - 20:30
YIN / RESTORATIVE

F R I D A Y

07:00 - 07:30
MEDITATION & MANTRA
08:00 - 08:30
PRANAYAMA
08:30 - 10:30
ASHTANGA MYSORE
12:30 - 14:30
ADJUSTMENTS WORKSHOP
16:00 - 17:00
YOGA ANATOMY
17:00 - 18:30
YOGA PHILOSOPHY
19:00 - 20:30
VINYASA SHIVA SHAKTI

W E D N E S D A Y

07:00 - 07:30
MEDITATION & MANTRA
08:00 - 08:30
PRANAYAMA
08:30 - 10:30
ASHTANGA MYSORE
12:30 - 14:30
ADJUSTMENTS WORKSHOP
16:00 - 17:00
YOGA ANATOMY
17:00 - 18:30
YOGA PHILOSOPHY
19:00 - 20:30
SIVANANDA

S A T U R D A Y

07:00 - 07:30
MEDITATION & MANTRA
08:00 - 08:30
PRANAYAMA
08:30 - 10:30
VARIOUS WORKSHOPS
12:30 - 14:30
ADJUSTMENTS WORKSHOP
16:00 - 17:00
YOGA ANATOMY
17:00 - 18:30
YOGA PHILOSOPHY
19:00 - 20:30
VARIOUS CLASSES

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