



# Holistic Yoga


The Place Where You Reborn

18 - 24 April 2016

ต้อนรับคุณสู่วิถีใหม่แห่งโยคะ

สาขาทองหล่อ • Thonglor Center 02 714 7888

ระดับชั้นเรียน (Level) B= ระดับเบื้องต้น (beginner), M= ระดับกลาง (medium), A= ระดับสูง (advance)

Date/Time	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Date/Time	Saturday 23	Sunday 24
7.15 - 8.15	Yoga Workout (B) Mohit	Patanjali (B) Boe	Sivananda (B) Swapn	Boda Stretch (B) Sagar	Yoga Strength (B) Eve	8.00 - 9.00	Artistic Yoga (B) Sagar	Yoga Flex (B) Swapn
8.30 - 9.30	Vinyasa Yoga (B) Mohit	Asana&Pranayama (B) Boe	Ashtanga Yoga (B) Swapn	Power Series (B) Sagar	Yoga Dynamic (B) Eve	9.15 - 10.15	Yoga For Abs (B) Sagar	Ashtanga Yoga (B) Swapn
9.45 - 10.45	Sivananda (B) Eve	<b>Patanjali (M) Swapn</b>	Zumba Combat (B) Faruq	Hatha Yoga (B) Boe	<b>Vinyasa Yoga (M) Mohit</b>	10.30 - 11.30	Yoga Mix (B) Swapn	Boda Stretch (B) Sagar
11.00 - 12.00	Yoga Strength (B) Swapn	Zumba New (B) Faruq	<b>Yoga Dynamic (M) Eve</b>	Hatha Classic (B) Mohit	Zumba Combat (B) Faruq	11.45 - 12.45	<b>Sivananda (A) Swapn</b>	<b>Yoga Balanee (M) Sagar</b>
12.15 - 13.15	Cover Dance (B) Faruq	Yoga Mix (B) Swapn	Yoga Strength (B) Eve	<b>Hatha Classic (M) Mohit</b>	Patanjali (B) Boe	14.00 - 15.00	Urban Dance (B) Faruq	Hatha Yoga (B) Boe
14.30 - 15.30	Yoga Therapy (B) Swapn	Yoga For Abs (B) Sagar	Hatha Yoga (B) Mohit	Cover Dance (B) Faruq	Rhythmic Yoga (B) Sagar	15.15 - 16.15	Vinyasa Yoga (B) Mohit	Patanjali (B) Boe
15.45 - 16.45	Ashtanga Yoga (B) Swapn	Cover Dance (B) Faruq	Back&Neek Care Mohit	Yoga Flex (B) Swapn	Power Series (B) Sagar	16.30 - 17.30	Healing Yoga (B) Mohit	Rhythmic Yoga (B) Sagar
17.00 - 18.00	Urban Dance (B) Faruq	Artistic Yoga (B) Sagar	Patanjali (B) Boe	Yoga Strength (B) Swapn	Urban Dance (B) Faruq	17.45 - 18.45	Yoga Dynamic (B) Eve	Yoga Workout (B) Mohit
18.15 - 19.15	Sun Salutation (B) Mohit	Hatha Yoga (B) Boe	Urban Dance (B) Faruq	Hot Series (B) Eve	Yoga Lite (B) Sagar	19.00 - 20.00	Sivananda (B) Eve	Hatha Classic (B) Mohit
19.30 - 20.30	Cordio Yoga (B) Sagar	Yoga Dynamic (B) Eve	Yoga Mix (B) Swapn	Zumba New (B) Faruq	Back&Neek Care Mohit			<b>Master Sagar</b>
20.45 - 21.45	Yoga Balanee (B) Sagar	Sivananda (B) Eve	Gentle Yoga (B) Swapn	Patanjali (B) Boe	Sun Salutation (B) Mohit			