

YOGA MALA

SCHEDULE OF CLASSES EFFECTIVE 1 NOVEMBER, 2008

| TIME | MON | TUE | WED | THU | FRI | TIME | SAT | SUN |
|---------------|--------------------------------|---|---------------------------------------|--|---|---------------|---|--|
| 06:30 - 09:30 | MYSORE Cheuk Na/ Lindzay | MYSORE Cheuk Na/ Lindzay | MYSORE Cheuk Na/ Lindzay | MYSORE Cheuk Na/ Lindzay | MYSORE Cheuk Na/ Lindzay | 08:00 - 10:00 | YOGI'S CHOICE Lily* 08:00 - 09:30 | MYSORE Lily * |
| 06:30 - 10:00 | | MYSORE Cheuk Na/ Lindzay | | MYSORE Cheuk Na/ Lindzay | | | | |
| 10:00 - 11:30 | YIN & YANG Lily * | MEDITATION group practice/Ken 10:30-11:30 | VINYASA LED Jolene | MEDITATION group practice/Ken 10:30- 11:30 | PRIMARY LED Cheuk Na | 10:00 - 11:30 | YIN & YANG Cheuk Na | MEDITATION group practice/Ken 10:30- 11:30 |
| 12:45 - 13:45 | HATHA Connie | VINYASA LED Lorie * | YIN YOGA Lily * | VINYASA LED Lily * | YIN YOGA Connie | | | |
| 15:30 - 17:00 | VINYASA LED Jolene | | VINYASA LED Jolene | MYSORE (16:00-18:00) Lily* | | | | |
| 19:00 - 20:30 | | HATHA Miranda | YIN YOGA (18:45 - 20:00) Lily * | VINYASA LED Phyllis * | MEDITATION Ken (18:30- 20:00) (7 Nov) | | | |
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Full Day Rates

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|--------------|------------------------------|
| Single Class | \$200 |
| 4 Classes | \$700 (Valid for 2 months) |
| 8 Classes | \$1,300 (Valid for 2 months) |
| 1 Month | \$1,800 |
| 2 Months | \$3,400 |
| 3 Months | \$4,800 |

****All Meditation Class is Free**

****Moonday No Mysore Class
Meditation from 7am - 8am**

****Public Holiday Only Mysore Class
Starts 7am -10am**

Special Half-Day Rates (after 12:30 pm)

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|-----------|----------------------------|
| 1 Class | \$100 |
| 4 Classes | \$350 (Valid for 2 months) |
| 8 Classes | \$600 (Valid for 2 months) |
| 1 Month | \$900 |

**** Typhoon 8 and Black Rain all classes cancelled.**

**** Class resume 2 hours later after T8 & Black Rain removed.**

**** Yoga mats provided 提供瑜伽蓆**

**** Please bring own towels請自備毛巾 (Towel rental @\$5 each)**

All classes are bilingual except, *english only 所有課堂以雙語教授,有*只以英語教授

Payments by CASH or CHEQUE ONLY. Payable to "Yc YogaMala Ltd

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