

## SCHEDULE OF CLASSES EFFECTIVE MARCH/APRIL 2019

| TIME  | MON  | TUE                           | WED  | THU                       | FRI  | TIME   | SAT  | SUN   |
|---|--|-------------------------------|--|---------------------------|--|--|--|---|
| <b>Mon - Thu</b><br>Mala Mysore<br>06:30 - 10:00<br>Adjustment<br>07:30 - 09:45 | MALA<br>MYSORE<br>Dorothy/Jolene   | MALA<br>MYSORE<br>Dorothy     | MALA<br>MYSORE<br>Dorothy/Jolene   | MALA<br>MYSORE<br>Dorothy | LED PRIMARY<br>Dorothy/Jolene<br>0730-0930 | <b>0830-0910</b><br><b>0910-0930</b><br><b>0930-1010</b> | <b>Mala Meditation</b><br>AUM Chanting<br>Ashtanga Sun A&B<br>Meditation<br>Jolene               | Full Counted<br>Half Primary &<br>Half 2nd Series<br>Led<br>Dorothy/Jolene<br>0800-1000 |
| <b>10:30 - 12:00</b>  | YIN & YANG<br>Lily*  |                               | LED PRIMARY<br>Dorothy   |                           |  |  |  |   |
| <b>12:45 - 13:45</b>  | YIN & YANG<br>Christina*   | ASHTANGA<br>BASICS<br>Dorothy | ASHTANGA<br>BASICS<br>Dorothy  | YIN & YANG<br>Christina*  |  |  |  |   |
| <b>15:30-16:10</b><br><b>16:10-16:30</b><br><b>16:30-17:10</b>                  | <b>Mala Meditation</b><br>AUM Chanting<br>Ashtanga Sun A&B<br>Meditation<br>Jolene |                               | <b>Mala Meditation</b><br>AUM Chanting<br>Ashtanga Sun A&B<br>Meditation<br>Jolene |                           |  | <b>15:15 - 16:00</b>                                     | SATURDAY<br>Chán MEDITATION<br>Ken Pang<br>for regular meditators only<br>(pre-booking required) |   |
| <b>19:00 - 20:00</b>  |  | YIN & YANG<br>Lily*           |  |                           | 忙裡偷閒喝杯茶去，苦中作樂放下心來 ~ 南懷瑾老師                  |  |  |   |

### PRICING

|           |          |             |
|-----------|----------|-------------|
| 1 Class   | \$260    | no discount |
| 4 Classes | \$700    | no discount |
| 8 Classes | \$1,300  | no discount |
| 1 Month   | \$1,800  | \$1,600     |
| 3 Months  | \$4,800  | \$4,500     |
| 1 Year    | \$18,000 | \$16,800    |

4 & 8 class package valid for 4 months

Private lesson 1 hour \$1000-\$1500 (5% off  
on a package of 10 sessions valid for 3 months)

### DISCOUNTED

|             |
|-------------|
| no discount |
| no discount |
| no discount |
| \$1,600     |
| \$4,500     |
| \$16,800    |



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### AWAKENING & COMPASSION

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15-17 Wyndham St, Central

Website: [www.yogamala.com.hk](http://www.yogamala.com.hk)

### PUBLIC HOLIDAY & EVENTS

**Apr 5 : 0830-1010 Mala Meditation**

**19 Apr : 0830-1030 : 108 Mandala - Sun Salutation by Dorothy**

**Apr 20 & 21 : Normal schedule**

**Apr 22 : 0830-1030 Mysore by Dorothy**

**MOON DAY / 初一十五:**

**Mar 7 & 21 : 0730-0910 Mala Meditation, 0910-1000 Self practice**

With (\*) class conducted in English only

Cash or Cheque only, Payable to "Yoga Mala Limited" 只收現金或支票

We do not take credit cards. All class packages are non refundable.