

**Union Yoga Ayurveda
Beauty World Branch
July 2018 Schedule**

Time/Studio	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday										
	Ahimsa	Niyama	Ahimsa	Niyama	Ahimsa	Niyama	Ahimsa	Niyama	Ahimsa	Niyama	Ahimsa	Niyama	Ahimsa	Niyama									
9:00 - 10:00	Hatha Yoga Candy	Sun Salutation May	Yin & Yang Sally	Deep Stretch Wenyi	Gentle Yoga Emilia		Yoga for Beginners Doris		Hatha Yoga Anne	Hatha Flow Cheri	Sun Salutation Coco		Back Bends Pavithra										
10:00 - 11:00	Yin & Yang Margaret	Yoga Stretch May	Hatha Yoga Sally	Gentle Core Amy	Hatha Flow Emilia	Aerial Yoga Wu You Mandarin class	Detox Yoga Wenyi	Neck, Shoulders & Back Gerri	Deep Stretch Gerri	Aerial Yoga Cheri		Hatha Yoga Hilda	Power Yoga Pavithra	Gentle Yoga Katherin									
11:00 - 12:00	Yoga Instructor Certification (RYT 200)		Yoga Instructor Certification (RYT 200)	Aerial Stretch Amy	Yoga Instructor Certification (RYT 200)	Hatha Yoga Gina	Ashtanga Yoga Wenyi		Yoga Instructor Certification (RYT 200)		Ayurveda Therapist Training Course 10.00am-1.00pm	Yoga Stretch Hilda	Yoga Instructor Certification (RYT 200)	Hatha Yoga Katherin									
12:00 - 1:00																							
1:00 - 2:00																				Yoga Instructor Certification (RYT 200) 11.00am-4.00pm		Aerial Yoga Jasper	
2:00 - 3:00				Seasonal Course		Seasonal Course	Seasonal Course					Seasonal Course		Seasonal Course	Seasonal Course	Seasonal Course	Seasonal Course	Seasonal Course	Seasonal Course			Rope Yoga Jasper	
3:00 - 4:00																							
4:00 - 5:00																							
5:00 - 6:00				Yin & Yang Gina										Aerial Yoga Jasper									
6:00 - 6:30	Hatha Yoga Jasber		Vinyasa Flow Jacq Leong			Yin Yoga Jacq Leong	Deep Stretch Jacq Leong	Hatha Yoga Jacq Fu	Dynamic Yoga Jasper	Hatha Yoga Eileen													
6:30 - 7:00				Gentle Yoga Jasber	Hatha Yoga Mandy																		
7:00 - 7:30				Yin Yoga Jacq Leong	Hatha Yoga Jasber	Gentle Yoga Mandy																	
7:30 - 8:00	Certificate In Yoga Therapy (CYT 500)	Yoga Instructor Certification (RYT 200)						Yoga Stretch Jacq Fu				Yoga Stretch Eileen											
8:00 - 8:30																							
8:30 - 10:00							Certificate In Yoga Therapy (CYT 500)				Yoga Instructor Certification (RYT 200)												

All practitioners are to abide to Union Yoga Ayurveda rules and regulations at all times to prevent any unforeseen circumstances

Fees

\$25 - walk-ins, attend 4 classes within 6 weeks, receive 5th class free
\$180 - 10 classes

Bookings

- Bookings for all others must be made at least 24 hrs in advance via Whatsapp group
- Cancellations must be made 12 hrs in advance

Contact Us:

Please call **6842 0885/8321 6170** for reservations and enquiries

Loyalty Card Users

- Bookings to be made 6 hrs in advance via Whatsapp group
- Loyalty cards are valid for 3 months from day of first usage
- Loyalty Cards must be presented before class commencement, otherwise walk-in rates apply
- Cancellations must be made 4 hrs in advance, otherwise it will be marked as class used

