

**Union Yoga Ayurveda  
Beauty World Branch  
August 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	Shoulder & Back Opening Liteng	Yin & Yang Sally		Sun Salutation Cheri	Hatha Yoga Wu You Mandarin class		Yoga Stretch Sylvia	Hatha Yoga Anne	Detox Yoga Nishi		Sun Salutation Liteng		Aerial Yoga Jasper			
10:00 - 11:00	Yin & Yang Margaret	Topsy Turvy Liteng	Dynamic Yoga Sally	Hatha Yoga Amy	Yoga Stretch Emilia	Aerial Yoga Wu You Mandarin class	Detox Yoga Wenyi	Core Yoga Sylvia	Gentle Yoga Doris	Vinyasa Flow Nishi		Yoga Stretch Hilda		Yoga For Beginners Pavithra			
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	Hatha Yoga Hilda	Yoga Instructor Certification (RYT 200)	Power Yoga Pavithra			
12:00 - 1:00				Yoga for Beginners Gina								Bungee Yoga Jasper Room 1					
1:00 - 2:00												Aerial Yoga Jasper			Aerial Yoga Jasper		
2:00 - 3:00	Seasonal Course		Seasonal Course				Seasonal Course		Seasonal Course		Yoga Instructor Certification (RYT 200) 11.00am-4.00pm	Gentle Yoga Jooee	Rope Yoga Jasper				
3:00 - 4:00																Aerial for Beginners Jooee	
4:00 - 5:00																Yoga Stretch Eileen	
5:00 - 6:00																	Bungee Yoga Jasper Room 1
6:00 - 6:30		Gentle Yoga Jasber	Hatha Yoga Jasber	Hatha Flow Jacq	Yin & Yang Gina	Hatha Yoga (Intermediate) Mandy	Yin Yoga Jacq	Hatha Flow Jacq	Hatha Beginners Candy	Yoga Dance Wenyi							
6:30 - 7:00																	
7:00 - 7:30															Yin Yoga Jacq		
7:30 - 8:00	Certificate In Yoga Therapy (CYT 500)	Yoga Instructor Certification (RYT 200)	Yoga for Beginners Pavithra		Certificate In Yoga Therapy (CYT 500)	Vinyasa Flow Mandy		Gentle Stretch Candy	Aerial for Beginners Jacq	Yoga Instructor Certification (RYT 200)	Hip Opening Cheri	Aerial Yoga Cheri					
8:00 - 8:30																	
8:30 - 9:30			Power Yoga Pavithra	Aerial for Beginners Jacq													
9:30 - 10:00																	

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

