

**Union Yoga Ayurveda
Beauty World Branch
December 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	
8:30-9:00															
9:00 - 10:00	Gentle Yoga <i>Lydia</i>														
10:00 - 11:00	Hip Opening <i>Lydia</i>														
11:00 - 12:00	Yoga Instructor Certification (RYT 200)	Yin Yoga 10am-11.30am <i>Dulce</i>	Hatha Yoga (Beginner) <i>Elvin</i>	Yoga Stretch <i>Emilia</i>											
12:00 - 1:00			Yoga Instructor Certification (RYT 200)												
1:00 - 2:00			Yoga Instructor Certification (RYT 200)												
2:00 - 3:00	Seasonal Course		Seasonal Course	Seasonal Course	Seasonal Course	Seasonal Course	Seasonal Course	Seasonal Course	Seasonal Course	Seasonal Course	Seasonal Course	Seasonal Course	Seasonal Course	Seasonal Course	
3:00 - 4:00															
4:00 - 5:00															
5:00 - 6:00		Yoga Stretch <i>Payal</i>													
6:00 - 6:30		Core Yoga <i>Payal</i>													
6:30 - 7:00															
7:15 - 7:30			Yoga For Beginners <i>Jasber</i>												
7:30 - 8:15				Vinyasa Flow <i>Pavithra</i>											
8:15 - 8:30	Certificate In Yoga Therapy (CYT 500)	Yoga Instructor Certification (RYT 200)	Hatha Flow <i>Jasber</i>												
8:30 - 9:15															
9:00 - 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

