

**Union Yoga Ayurveda  
Beauty World Branch  
January 2019 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												Niguma Yoga Lian Sang		
9:00 - 10:00	Hatha Flow Nishy				Power Yoga Payal	Yoga Stretch Nishy			Sun Salutation Orange	Wheel Yoga Jacq Leong		Sun Salutation Hilda		Aerial Yoga Wu You (Mandarin Class)
10:00 - 11:00	Detox Yoga Nishy	Yin & Yang Margeret	Hatha Yoga (Beginner) Elvin	Yoga Stretch Emilia	Yogalates Payal	Ashtanga Nishy	Ayurveda Therapist Training Course	Hatha Yoga (Beginner) Sarah	Yin & Yang Orange	Aerial Yoga Jacq Leong	Vinyasa Flow Sarah	Hatha Yoga (Intermediate) Hilda		Yoga For Beginners Pavithra
11:00 - 12:00	Yoga Instructor Certification (RYT 200)		Yoga Instructor Certification (RYT 200)	Hatha Flow Emilia	Yoga Instructor Certification (RYT 200)			Yin & Yang Emilia		Yoga Instructor Certification (RYT 200)	Stretch & Glow Payal	Ayurveda Therapist Training Course 10:30am-1:00pm (Room 1)	Yoga Stretch Hilda	Yoga Instructor Certification (RYT 200)
12:00 - 1:00														
1:00 - 2:00	Seasonal Course				Seasonal Course		Seasonal Course		Seasonal Course		Yoga Instructor Certification (RYT 200) 11:00am-4:00pm	Stretch & Glow Eileen	Yoga Instructor Certification (RYT 200)	
2:00 - 3:00														
3:00 - 4:00												Hatha Yoga (Interemidiate) Eileen		
4:00 - 5:00												Yin Yoga Shiris	Rope Yoga Jasper	
5:00 - 6:00		Yoga Stretch Payal						Hatha Yoga (Beginner) Payal						Bungee Yoga Jasper
6:00 - 6:30		Core Yoga Payal		Wheel Yoga Jacq Leong				Vinyasa Flow Jacq Leong	Yoga Stretch Payal					
6:30 - 7:00				Yoga For Beginners Jasber				Hatha Yoga (Intermediate) Mandy		Hatha Yoga (Beginner) Xiaoyi	Yoga Strengthening Emilia			
7:15 - 7:30				Yin Yoga Jacq Leong				Wheel Yoga Jacq Leong	Yoga For Beginners Candy					
7:30 - 8:15	Certificate In Yoga Therapy (CYT 500)	Yoga Instructor Certification (RYT 200)	Hatha Flow Jasber		Certificate In Yoga Therapy (CYT 500)	Vinyasa Flow Mandy				Yoga Instructor Certification (RYT 200)		Hip Opening Wang Ying		
8:15 - 8:30													Shoulder & Back Opening Wang Ying	
8:30 - 9:30				Aerial Yoga Jacq Leong				Core Yoga Jacq Leong	Gentle Yoga Jacq Fu					
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

**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

