

**Union Yoga Ayurveda  
Beauty World Branch  
February 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			
8:00-9:00		Hatha Yoga Beginner Candy												Yoga Stretch Wu You (Mandarin Class)			
9:00 - 10:00	Hip Opening Nishy	Vinyasa Flow Beginner Candy	Yoga Stretch Emilia		Power Yoga Payal	Yoga Stretch Nishy		Yoga For Beginners Vangiely	Sun Salutation Orange	Aerial Yoga Jacq Leong	Hatha Yoga Beginner Annie	Sun Salutation Onwah		Aerial Yoga Wu You (Mandarin Class)			
10:00 - 11:00	Detox Yoga Nishy	Yin & Yang Margeret	Hatha Flow Emilia	Certificate In Yoga Therapy (CYT 500)	Yogalates Payal	Ashtanga Nishy	Certificate In Yoga Therapy (CYT 500)		Yin & Yang Orange	Wheel Yoga Jacq Leong	Hip Opening Sarah	Hatha Yoga Beginner Onwah		Yoga For Beginners Pavithra			
11:00 - 12:00	Yoga Instructor Certification (RYT 200)		Yoga Instructor Certification (RYT 200)								Stretch & Glow Payal	Ayurveda Therapist Training Course 10:30am-1:00pm (Room 1)	Yoga Stretch Onwah		Power Yoga Pavithra		
12:00 - 1:00					Yoga Instructor Certification (RYT 200)			Yoga Stretch Vangiely	Yoga Instructor Certification (RYT 200)	Hatha Yoga (Beginner) Elvin							
1:00 - 2:00															Yoga Instructor Certification (RYT 200)	Aerial Yoga Jasper	
2:00 - 3:00				Seasonal Course		Seasonal Course									Yoga Instructor Certification (RYT 200) 11:00am-4:00pm	Stretch & Glow Eileen	
3:00 - 4:00															Core Yoga Ying Li		
4:00 - 5:00																Hatha Flow Li Ying	Kids Yoga Jasper
5:00 - 5:30		Yoga Stretch Payal								Myofascial Therapy & Meridians Massage Shiris							Bungee Yoga Jasper
5:30 - 6:00										Hatha Yoga (Beginner) Jacq Fu				Rope Yoga Jasper			
6:00 - 6:30		Core Yoga Payal		Vinyasa Flow Jacq Leong			Mindfulness Yin Yoga Shiris	Deep Stretch Jacq Leong									
6:30 - 7:00									Yoga Strengthening Emilia	Gentle Yoga Jacq Fu							
7:15 - 7:30				Yin Yoga Jacq Leong		Hatha Yoga (Intermediate) Mandy	Vinyasa Flow Beginner Candy	Wheel Yoga Jacq Leong									
7:30 - 8:15						Vinyasa Flow Mandy					Hip Opening Wang Ying						
8:15 - 8:30	Certificate In Yoga Therapy (CYT 500)	Yoga Instructor Certification (RYT 200)	Yoga Instructor Certification (RYT 200)		Certificate In Yoga Therapy (CYT 500)				Yoga Instructor Certification (RYT 200)								
8:30 - 9:30				Aerial Yoga Jacq Leong			Yoga Stretch Candy	Aerial Yoga Jacq Leong			Shoulder & Back Opening Wang Ying						
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 0865/8321 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

