

# Union Yoga Ayurveda

Classes at Kembangan Branch

January 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 - 9:00							
9:00 - 10:00						Yin Yoga	
10:00 - 11:00	Training Course	Training Course	Training Course	Tuning in (Dr Shivani)		Restorative Yoga (Dr Shivani)	
11:00 - 12:00	Hatha Yoga / Yin Yoga	Hatha Yoga / Yin Yoga	Hatha Yoga / Yin Yoga		Training Course	Hatha Yoga / Yin Yoga	Hatha Yoga / Yin Yoga
12:00 - 13:00						Training Course	Training Course
13:00 - 14:00							
14:00 - 15:00							
15:00 - 16:00	Seasonal Course	Seasonal Course	Seasonal Course		Seasonal Course		
16:00 - 17:00				Chair Yoga for Seniors (Ruffina)	Seasonal Course		Hatha Yoga / Yin Yoga (Dr Shivani)
17:00 - 18:00							
18:00 - 19:00						Sunset sound bath meditation (Elsie Toy)	
19:00 - 20:00	Hatha Yoga / Yin Yoga	Hatha Yoga / Yin Yoga	Hatha Yoga / Yin Yoga	Yoga for beginners (Nazreen)			
20:00 - 21:00	Training Course	Training Course	Training Course		Training Course	Training Course	
21:00 - 22:00							

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

## 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
- Cancellations must be made 4 hrs in advance, otherwise it will be marked as class used