

Yoga, Breathwork and Meditation WOW Daily Schedule

Time	Energizing Sunrise Classes:
7 to 8 am	Different Yoga Styles, Meditations, Singing Bowls, Breathwork - Only Private Classes
8 to 9 am	Breathwork and Meditation, Ashtanga, Vinyasa Flow, Advanced Hatha - Group Classes
9 to 10 am	Hatha, Ashtanga, Dance, Aerial and Slow Flow, Different Meditations, Singing Bowl and Breathwork - Group Classes
10 to 11 am	Beginners, Aerial, Ashtanga, Vinyasa Flow and Advanced Hatha
11 to 12 am	Vinyasa Flow, Yin, Chair Yoga, Sivananda Yoga and Private Classes
12 to 4pm Private classes for all styles on Yoga, Meditation and Breathwork on request.	
4 to 5 pm	Yin Yang, Rishikesh, Vinyasa Flow, Ayurvedic Philosophy and Private
5 to 6 pm	Meditation and Breathwork, Hatha, Aerial, Vinyasa and Dance - Group
6 to 7 pm	Aerial, Vinyasa, Slow Flow, Dance Yoga and Adv. Hatha, Different Meditations, Singing Bowl and Breathwork - Group Classes
7 to 8 pm	Hatha, Vinyasa Flow, Ashtanga and Special Events - Group Classes
8 to 9 pm	Private Classes on Request Prior. Booking and packages to be discussed

Other courses:

6 pm and
7:30 pm

Enquire about our Highly Recommended Meditation Mastery Course: Level 1 and 2 and Yoga for Beginners Course.
(Twice per week during one month - flexible dates available)