

# SCHEDULE

time/day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10h 30						
11h 30	Gentle Hatha Yoga	Gentle Hatha Yoga	Gentle Hatha Yoga		Gentle Hatha Yoga	Hatha Yoga ONLINE
12h 30	Gentle Hatha Yoga	Gentle Hatha Yoga	Gentle Hatha Yoga		Meditation	
13h 30	Power Yoga	Hatha Yoga	Hatha Yoga		Hatha Yoga	
14h 30						
15h 30						
16h 30						
17h 30						
18h 30	Vinyasa Yoga		Hatha Yoga		Hatha Yoga	
19h 30		Hatha Yoga		Hatha Yoga		
20h 30						

- All presencal classes are also being transmitted online through Zoom
- Students are asked to arrive 10 minutes before each practice
- SCHEDULE OF YOGA CLASSES IN SHANKARA, booking by phone 914 918 800