

4TH MARCH 2023

# yoga market

With Special Guest

Laura Weston

UNLIMITED CLASSES  
FOR 200AED

Tickets available online now  
Pre-booking of classes is essential

## CLASS SCHEDULE

	FLOW	HEART	HARMONY	CHI	TASTER SESSIONS
9:00AM - 10:00AM	POWER YOGA WITH CHARLENE ALL LEVELS	STRETCH N SNOOZE WITH ANGELA ALL LEVELS	FRANKLIN METHOD: BREATHING EMBODIMENT WITH CARLOS ALL LEVELS	MAT, CORE, HEART WITH MENNAT ALL LEVELS	10:00AM - 3:00PM
10:15AM - 11:15AM	YOGA SHRED WITH CECI ALL LEVELS	RADIANT FLOW WITH ANGELA ALL LEVELS	FASCIA FLOSS WITH VIDYA ALL LEVELS	10:15AM - 11:45AM ASHTANGA 1.5 WITH MICHELLE INTERMEDIATE	15 MINUTE MIHEALTH TASTER SESSIONS
11:30AM - 12:30PM	DYNAMIC VINYASA FLOW WITH LAURA WESTON ALL LEVELS	KIDS YOGA AGES 4 - 6 WITH ABEER KIDS YOGA AGES 7 - 12 WITH ABEER	FRANKLIN METHOD: HAPPY FEET WITH SHARIFA ALL LEVELS		
12:45PM - 1:45PM	YOGALATES WITH LAURA WESTON ALL LEVELS			LIFESTYLE MANAGEMENT THROUGH AYURVEDA TALK WITH KAVITA	12:00PM - 3:00PM 10 MINUTE ASTRO MINI READINGS WITH ANGELA
2:00PM - 3:00PM	KUNDALINI YOGA WITH SARAH SIBLINI ALL LEVELS	ECSTATIC DANCE WITH DJ SUBUD ALL LEVELS	FRANKLIN METHOD: HEALTHY SPINE DANCE WITH LILLIAN ALL LEVELS	RESTORATIVE STRETCH AND SOUND HEALING WITH MEENA ALL LEVELS	
3:00PM - 4:00PM	KIRTAN SINGING WITH SNEHA				