



CELEBRATING 10 YEARS

YOGA MARKET

FEAT. VANESSA KIM ROUX
BODYTREE STUDIO, ABU DHABI

SATURDAY 22ND FEBRUARY

9:00AM - 4:00PM

UNLIMITED YOGA: 200AED

MARKET ENTRANCE: FREE

KIDS DANCE CLASSES: FREE

SCHEDULE

	RESTORATIVE	ACTIVE	HEALING
	YOGA 2	DANCE	YOGA 1
9:00AM - 10:15AM	Pranayama: the Art of Breathing with Vidya	Yoga Shred with Cecilia	Diamond Heart Method with Suzi C
10:30AM - 11:45AM	Stretch n Snooze with Angela	Ashtanga with Vanessa Kim Roux	SO Satya with Ria Haffar
12:00PM - 1:15PM	Functional Yoga with Michael	Vinyasa with Vanessa Kim Roux	Kundalini Yoga with Sarah Sibli
1:30PM - 2:45PM	Yoga Therapy with Joelle	Power Yoga with Didier	PANEL: Entering our Longevity Era with Ayat Toufeeq Nadia Sehweil, Suzan Terzian & Torkia Malhoul
2:45PM - 4:00PM		Kirtan Dubai	

KIDS DANCE

9:00AM - 9:45AM Dance Prep with Nia	11:00AM - 12:00PM Street Dance with Jamal	1:00PM - 1:30PM Mommy and Me with Mary
9:45AM - 10:45AM Ballet with Nia	12:00PM - 1:00PM Contemporary with Mary	

www.bodytreestudio.com