



Schedule

STARTING OCTOBER 5

Monday

9:00 – 10:00 AM	Energizing Hatha Yoga	Natali
5:45 – 6:45 PM	Posture Alignment Yoga	Sundar
7:00 – 8:00 PM	Energizing Vinyasa	Sundar
8:15 – 9:15 PM	Relaxing Sound Healing & Meditation	Saina

Tuesday

9:00 – 10:00 AM	Energizing Vinyasa Yoga	Saina
5:45 – 6:45 PM	Deep Stretch Yoga	Natali
7:00 – 8:00 PM	Gentle Hatha Yoga	Saina
8:15 – 9:15 PM	Breathwork & Sound Healing	Saina

Wednesday

9:00 – 10:00 AM	Yoga Flow & Breathwork	Sundar
5:30 – 6:45 PM	Kundalini Yoga	Dareen
7:00 – 8:00 PM	Energizing Vinyasa yoga	Sundar
8:15 – 9:15 PM	Yin Yoga & Sound Healing	Sundar

Thursday

9:00 – 10:00 AM	Energizing Hatha Yoga	Sundar
5:45 – 6:45 PM	Yoga Flow & Breathwork	Natali
7:00 – 8:00 PM	Energizing Hatha Yoga	Elena
8:15 – 9:15 PM	Restorative Yoga & Meditation	Elena

Friday

9:00 – 10:00 AM	Prana Flow (Hatha Yoga)	Elena
5:45 – 6:45 PM	Deep Stretch Yoga	Sundar
7:00 – 8:00 PM	Yin Yoga & Sound Healing	Sundar

Saturday

9:00 – 10:00 AM	Gentle Hatha Yoga	Saina
10:15 – 11:15 AM	Energizing Vinyasa Yoga	Saina
11:45 – 12:45 PM	Yoga Flow & Breathwork	Khushali
3:00 – 4:00 PM	Deep Stretch Yoga	Natali
6:00 – 7:30 PM	Being One with Everything: A Gathering of Self-Reflection	Sundar

Sunday

9:00 – 10:00 AM	Prana Flow (Hatha Yoga)	Sundar
10:15 – 11:15 AM	Meet & Meditate - Community Offering	Sundar
5:45 – 6:45 PM	Sunset Yin Yoga & Sound Healing	Elena
7:00 – 8:00 PM	Stretch & Yoga Nidra (Conscious relaxation)	Elena



BOOK A CLASS

For further enquiries contact us: 058 279 1010, info@opencircleyoga.org



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