

Yogini Journey

www.yoginijourney.com | <http://facebook.com/yoginiCarrin>

Schedule

Monday	9.30 AM	Hatha 1 - Beginner	Summerglades
	6.00 PM	Hatha 2 - Intermediate	Temporary cancelled
	7.30 PM	Hatha 2 - Intermediate	Temporary cancelled
Tuesday	6.30 PM	Ashtanga Led - All	Summerglades
	8.00 PM	Hatha 2 - All	
Wednesday	8.30 AM	Hatha 2 - All	Summerglades
	8.00 PM	Hatha 2 - Intermediate	
Thursday	6.00 AM	Ashtanga Mysore - Intermediate	Summerglades
	9.30 AM	Hatha 2 - All	IOI Palm Condominium
Friday	6.30 PM	Hatha 1 - All	Summerglades

Hatha 1

This practice covers fundamental postures to establish strong foundation to support the upper region of the body. Cultivate calmness and stillness.

Hatha 2

This practice deepens one's connection with the body. Moving beyond the body towards breath and movement with the aim to establish an unyielding concentration practice. Cultivate strength, stability and alignment.

Ashtanga

A vinyasa (flow) movement style class with traditional counting method. Beginners can join on Tuesday.

CYBERJAYA

- Summerglades, Perdana Lakeview West, Cyberjaya
- IOI Puteri Palm Condominium, Putrajaya. Near IOI City Mall

For enquiries or to reserve a slot, please email us at info@yoginijourney.com or call Carrin at **03 6411 0818**. New comers please call to make a booking as class may be full. Thank you.

*Classes will commence with minimum 2 practitioners per class.

*Please bring your mat along for practise.