

SCHEDULE 课程表

MONDAY 星期一	TUESDAY 星期二	WEDNESDAY 星期三	THURSDAY 星期四	SATURDAY 星期六	SUNDAY 星期日
9.45am - 10.45am Meditation 静坐 Mandarin 中	7.00pm - 8.15pm Basic Hatha Yoga 初级哈他瑜伽 English 英	9.00am - 10.00am Basic Hatha Yoga 初级哈他瑜伽 Bilingual 中/英	9.00am - 10.00am Vinyasa Yoga 动态瑜伽 Bilingual 中/英	9.00am - 10.15am Basic Hatha Yoga 初级哈他瑜伽 Bilingual 中/英	11.30am - 12.45pm Basic Hatha Yoga 初级哈他瑜伽 Bilingual 中/英
11.00am - 12.15pm Basic Hatha Yoga 初级哈他瑜伽 Bilingual 中/英		7.00pm - 8.00pm Meditation 静坐 Mandarin 中	7.15pm - 8.15pm Prenatal Yoga 孕妇瑜伽 Mandarin 中	11.00am - 12.15pm Intermediate Hatha Yoga 中级哈他瑜伽 Bilingual 中/英	
7.00pm - 8.15pm Intermediate Hatha Yoga 中级哈他瑜伽 Bilingual 中/英		8.15pm - 9.15pm Vinyasa Yoga 动态瑜伽 Bilingual 中/英	8.30pm - 9.30pm Yin Yoga 阴瑜伽 Mandarin 中		
8.30pm - 9.45pm Basic Hatha Yoga 初级哈他瑜伽 Bilingual 中/英					



生活瑜伽
养身在动，养心在静

BOOK A MAT NOW!

6100 4678 / 9271 4671

www.livingyoga.sg

info@livingyoga.sg

451 Bukit Batok West Ave 6 #01-09 Singapore 650451