

# Yoga Tree Weekly Schedule - June 2010

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
6:30 - 7:00							
7:00 - 7:30							
8:30 - 9:00		Ashtanga Yoga CECILIA (ladies only) 8:30-10:00	Intro (Kripalu) Yoga ELINA/NANA (ladies only) 8:30-9:45	Hatha Yoga JULIE (ladies only) 8:30 - 9:30	Ashtanga Yoga CECILIA (ladies only) 8:30-10:00	Kripalu Flow Yoga MELISSA (ladies only) 8:30 - 9:45	8:30 - 9:00
9:00 - 9:30							9:00 - 9:30
9:30 - 10:00							9:30 - 10:00
10:00 - 10:30	Vinyasa (Kripalu) Yoga (mixed) MELISSA 10:00-11:15	Pre-natal Yoga BARBARA/CECILIA 10:15-11:15	Ashtanga Yoga CECILIA (ladies only) 10:00-11:30				10:00 - 10:30
10:30 - 11:00							10:30 - 11:00
11:00 - 11:30				* Mommy & Baby Yoga BARBARA 11:00-12:00			11:00 - 11:30
11:30 - 12:00		* Baby Massage INGRID 11.30-12.30					11:30 - 12:00
							12:00 - 12:30
				* Baby Massage INGRID 12.30-1.30			
4:30 - 5:00							4:30 - 5:00
5:00 - 5:30		* Pre-natal Yoga CECILIA 5:00-6:00	Intro Yoga (Kripalu) ELINA/CHRISTINE (ladies only) 5:00-6:15	* Pre-natal Yoga MELISSA 5:00 -6:00	Intro Yoga (Kripalu) ELINA/NANA (ladies only) 5:00-6:15		5:00 - 5:30
5:30 - 6:00							5:30 - 6:00
6:00 - 6:30							6:00 - 6:30
6:30 - 7:00			Kripalu Yoga MELISSA (mixed) 6:30-7:45		Hatha Yoga KASTURI (mixed) 6:30-8:00	Hatha Flow Yoga CHRISTINE (mixed) 6.30-7:30	6:30 - 7:00
7:00 - 7:30							7:00 - 7:30
7:30 - 8:00							7:30 - 8:00
8:00 - 8:30			Ashtanga/Vinyasa Yoga CECILIA (mixed) SIGN UP 8:00-9:30				8:00 - 8:30
8:30 - 9:00							8:30 - 9:00
9:00 - 9:30							9:00 - 9:30

Classes with an \* are held with a min of 5 people on a sign up & pre-pay basis (drop ins welcome to some classes).

These classes will be cancelled starting before end of June, please check with Receptions for dates.

Pre-natal yoga on sundays and tuesdays is a semi private session by sing up only.

Please note that we review our schedule monthly.

We are happy to consider additional timings but need 5 people to establish a new class.

Written approval from doctor is required for Pre-natal Yoga.

Schedule and prices are subject to change and substitute teachers may be used.

Please note that cash payment only is accepted.

ATT:

Some classes are cancelled starting June 16th until September. Please check with Reception. The Studio is open in June and July. Happy Summer!

## Yoga Tree Prices

(Cost Per Class)	1 and 1¼ Hour	1½ Hours	Package Total
10 Group Class Punch Card			540
Yoga Class	60	65	
* Mommy & Baby Yoga			240 (4 classes)
Private Sessions (55min)	250	325	
10 Private Sessions Punch Card			2450 (55 min)
* Baby Massage Course			500 (4 sessions)

Pilates and Yoga Tree Dance & Movement Studios # 02-667-6579, www.yogatree.ae and www.soma.ae