

Pure Langham Place New Year Celebration Fun Day

30.01.2010

Time	Studio 1	Studio 2	Studio 3	Studio 5	Studio 6	Studio 7	Studio 8
9:00 a.m.				Rise Early: Morning Hatha Stretch (60 min.) Anjan	Detox From the Inside Out: Hot Basic (60 min.) Eva		
09:30 a.m.	Building Strength and Stamina: Intro to Arm Balance (90 min.) Samrat						
10:00 a.m.		Live Longer, Breathe Deeper: Intro to Pranayama (60 min.) Will				Stillness in Movement: Sweet Gentle Flow (60 min.) Jasmine	Yoga is for Every BODY: Hatha Basic (60 min.) Deva
10:30 a.m.			Develop A Disciplined Mind and Body: Intro to Ashtanga (75 min.) Eva	Stand Taller, Feel Brighter: Intro to Anusara Yoga (90 min.) Michael	Sweat and Stretch: Hot Flow (60 min.) Shirley		
11:00 a.m.							
11:30 a.m.	Connecting to Your Power: Intro to Forrest Yoga (90 min.) Bernadette					Freedom and Happiness Here & Now: Intro to Jivamukti Yoga (90 min.) Will	Return to Wholeness: Yoga Therapy (90 min.) Jasmine
12:00 p.m.		Eat Right, Stay Bright: Developing a Healthy Diet (60 min.) Martina				Detox From the Inside Out: Hot Basic (60 min.) Eva	
12:30 p.m.			Flow With Your Breath: Intro to Power Yoga (60 min.) Michael				
1:00 p.m.							
1:30 p.m.	Yoga is for Every BODY: Hatha Basic (60 min.) Vikram			Yoga for Two: Intro to Pre-Natal Yoga (60min.) Bernadette	Sweat and Stretch: Hot Flow (60 min.) Michael	Yoga Therapy: Neck, Shoulders & Back (90 min.) Deva	Tap Into the Subtle Energy: Intro to Yin Yoga (90 min.) Jasmine
2:00 p.m.		Pure Orientation: How to Choose and Grow Your Yoga Practice (60 min.) Martina	Yoga for Two: Fun Partner Flow (60 min.) Ocean				
2:30 p.m.							
3:00 p.m.	Step-by-Step: Intro to Dance Basics (60 min.) Jagan			Reach Further: Intro to Hatha Intermediate (60 min.) Vikram	Detox From the Inside Out: Hot Basic (60 min.) Bernadette		
3:30 p.m.		Back to Practice: Intro to Post-Natal Yoga (60min.) Shirley	Yoga for Runners (60 min.) Ocean			Back Care Basics: Yoga Therapy (90 min.) Ivy	Bring A Friend: Thai Yoga Therapy Massage (90 min.) Martina
4:00 p.m.							
4:30 p.m.	Free Your Spirit: Intro to Free-Style Dance (60 min.) Jagan			Go Deeper: Intro to Advanced Practice (90 min.) Deva	Sweat and Stretch: Hot Flow (60 min.) Samrat		
5:00 p.m.			Flow With Your Breath: Intro to Power Yoga (60 min.) Ocean				
5:30 p.m.		Basic Anatomy: How to Prevent Back Pain (60 min.) Ivy					Tuning Inward: Yoga Balance (60 min.) Anjan
6:00 p.m.					Detox From the Inside Out: Hot Basic (60 min.) Shirley	Yoga is for Every BODY: Hatha Basic (60 min.) Vikram	
6:30 p.m.	Step-by-Step: Intro to Dance Basics (60 min.) Jagan						
7:00 p.m.							

Asana Class	Hot Class	Therapeutic Class	Lecture & Practice	For Mothers	Dance Class
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