

Living Pure Open House - Pure Yoga Tsim Sha Tsui Saturday 27 March

Beginners Class	All levels	Dance Class	For mums
Beginners/Intermediate Class	Intermediate Class	Intermediate/Advanced Class	Advanced Class

Time	Studio 1	Studio 3	Studio 5	Studio 6	Studio 7	Studio 8
0900-0930	Hatha 1 60 min. Helene <i>Start the day with the technique of breath</i>					
0930-1000						
1000-1015					Beginners' Hot Workshop 75min. Natalie <i>Introduction to hot class</i>	
1015-1030						
1030-1100						
1100-1115						
1115-1130				Upside Down (Level 2) 90 min. Michael M. <i>See the world from a different view with inversions</i>		
1130-1200	Yoga Therapy Workshop 75 min. Helene <i>Alleviate stiff neck/shoulders/back & knees</i>					
1200-1230						
1230-1245			Power 1 60 min. Natalie <i>Great energy class for learning more challenging postures</i>			
1245-1300					Hot Flow 60 min. Michael M. <i>Work your mojo!</i>	
1300-1345		Satyananda Yoga Nidra 60 min. Yoganidhi <i>For sound health & mind</i>				
1345-1400						
1400-1415						
1415-1500	Beginners' Yoga Basics 60 min. Michael M. <i>A must for building a foundation</i>					
1415-1430			Pre-Natal 75 min. Yoganidhi <i>Be a yummy mummy!</i>			
1430-1500						Free-Flow Hot 60 min. Margaret <i>The best of hot and flow in one</i>
1500-1530						
1530-1545				Partner Yoga Workshop 90 min. Darrel & Claudia <i>Bring a partner for interactive fun!</i>		
1545-1600		Yin 75 min. Yoganidhi <i>Deepen your hip openers</i>				
1600-1630						
1630-1645	Dance Workshop 120 min. Jagan <i>Kathak Dance to Bollywood Mix</i>					
1645-1700			Beginners' Ashtanga Workshop 75 min. Margaret <i>Exploring the fundamentals</i>	Hatha Workshop 75 min. Samantha <i>Essentials for beginners</i>		
1700-1730						
1730-1745						
1745-1800		Pran/Med 60 min. Yoganidhi <i>Find peace, happiness & bliss</i>				
1800-1815						Beginners' Hot Basic 60 min. Margaret <i>Your first step into a hot world</i>
1815-1830			Hatha 1 60 min. Samantha <i>Discover this ancient and popular yoga style</i>			
1830-1900						Hot 2 90 min. Shiva <i>Get hot, get fit, get strong!</i>
1900-1915						
1915-2000						