

July 2023 Yoga Schedule

TIME / DAY	MON - FRI	SATURDAY
9 - 10.15 AM	no class	FLOW ²
4 - 5.15 PM	HATHA ¹	no class

(1) HATHA: Alignment based practice that draws from the discoveries of various hatha, tantric and somatic movement systems in order to experience yoga as a living art form. The practitioner will be empowered to be their own greatest teacher as they expand, integrate and facilitate awareness in their entire body-mind. All levels welcome.

(2) FLOW: A stronger, faster paced practice with vinyasa style sequences. Inversions and arm balances are common during these practices. All levels welcome :)

PRIVATE CLASSES AVAILABLE UPON REQUEST

FOR MORE INFORMATION PLEASE VISIT US OR

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