



YOGA SCHEDULE

TIME / DAY	MON - FRI	SATURDAY
9 - 10.15 AM	<i>no class</i>	<i>FLOW²</i>
4 - 5.15 PM	<i>HATHA¹</i>	<i>no class</i>

(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

CONTACT: info@mao-meno.com

+62 81 700 30 777