LIFESTYLE YOGA SCHEDULE, 2019

Shangri-la Hotel	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am		30-Day Yoga Fit Challenge		30-Day Yoga Fit Challenge		30-Day Yoga Fit Challenge	
8:00am	Half N" Half	Yoga-Strong	Flexi-Flow	YogiNa 99	Yoga-Tox	Pure Soul	
9:00am	Half N" Half	Yoga-Strong	Flexi-Flow	YogiNa 99	Yoga-Tox	Pure Soul	
10:00am	Weight Loss Challenge	Weight Loss Challenge	Weight Loss Challenge	Weight Loss Challenge	Weight Loss Challenge	Weight Loss Challenge	
11:00am	Half N" Half	Yoga-Strong	Flexi-Flow	YogiNa 99	Yoga-Tox	Pure Soul	
12:00am	Yin & Yang Challenge Sumit Manav	Yoga-Strong	Yin & Yang Challenge Sumit Manav	YogiNa 99	Yin & Yang Challenge Sumit Manav	Pranayama & Yoga Nidra	
1:00pm	Private Yoga	Corporate Yoga	Private Yoga	Corporate Yoga	Private Yoga	Private Yoga	
1:00pm - 4:00pm	Private Yoga Therapy	Private Yoga Therapy	Private Yoga Therapy	Private Yoga Therapy	Private Yoga Therapy	Private Yoga Therapy	
4:30pm	Yoga for Teenager	Weight Loss Challenge	Weight Loss Challenge	Weight Loss Challenge	Weight Loss Challenge	Weight Loss Challenge	
5:30pm	Yin Yoga	30-Day Yoga Fit Challenge	Yin Yoga	30-Day Yoga Fit Challenge	Yin Yoga	30-Day Yoga Fit Challenge	
6:30pm	Half n" Half or Hatha	Yoga-Strong	Flexi-Flow	YogiNa 99	Yoga-Tox	Yoga-Strong	
7:30pm	Weight Loss Challenge	Weight Loss Challenge	Weight Loss Challenge	Weight Loss Challenge	Weight Loss Challenge	Weight Loss Challenge	
Fairmont Dubai	**SATURDAY**	**SUNDAY**	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	
7:00am - 11:00am	Private Yoga	Private Yoga	Private Yoga	Private Yoga	Private Yoga	Private Yoga	
11:00am	Half N" Half		Yoga-Strong		Yoga-Strong		
12:00am - 4:00pm	Private Yoga Therapy	Private Yoga Therapy	Private Yoga Therapy	Private Yoga Therapy	Private Yoga Therapy	Private Yoga Therapy	
7:00pm	Beginner's Yoga	Seniors Yoga Challenge	Beginner's Yoga	Seniors Yoga Challenge	Beginner's Yoga	Seniors Yoga Challenge	
Grand Millenium	**SATURDAY**	**SUNDAY**	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	
7:00am		30-Day Yoga Fit Challenge		30-Day Yoga Fit Challenge		30-Day Yoga Fit Challenge	
6:30pm	Weight Loss Challenge	Weight Loss Challenge	Weight Loss Challenge	Weight Loss Challenge	Weight Loss Challenge	Weight Loss Challenge	
7:30pm	Half N" Half (Ritesh Manav)	Yoga-Strong	Flexi-Flow	YogiNa 99	Yoga-Tox	Yoga-Strong	

Half N' Half

• Yoga is about balancing 2 sides of you – the Ying and Yang, the Ida and Pingla.
• Achieve the cosmic balance between your body and mind through Yoga.
• Hatha postures, Hatha Yoga Kiryas & Meditation.
• Goal: Achieving awareness, strength and inner stability.
• The perfect class for those who are already practicing Yoga on a day-to-day basis, but the program can also be modified for interested beginner Yogis.
• Please note that full inversions and backward bends are an essential part of this class.

Yoga Strong

• Your core strength exists – but are you using it?
• Yogo-Strong aims at effectively building your strength through Yoga.
• Working on the vitality of both your body & mind.
• This class improves your posture, body language and core strength – which enhances your inner & outer confidence a lot.
• 60 minutes of challenging Yoga targeting all body parts, with a major focus on stubborn fat areas.
• Target body parts: Arms – Chest – Legs – Abdominal Area – Back – Buttocks.
• Endurance flow with Namaskaras to the Sun and Chakras.
• Intensity increases gradually.
• The class ends with Meditation, Pranayama and Shavasana.
• The perfect class for those who are looking for next-level Yoga and aim to achieve and maintain the strength of both their body & mind.

Flexi-Flow

• Flexibility is not a given – it's something that you CAN achieve.
• Sink into a Vinyasa flow of Asanas, focusing on the hips, spine and legs.
• Intensive Traditional Yoga stretches and breath control.
• Ideal to balance your prana and find your Chi.
• FlexiGo ends with short meditations.
• Sweat out your stress with Lifestyle Yoga Dubai's creative signature class!
• Flo-Yo maximizes your endurance by mixing in Traditional Vinyasa Yoga for a high-intensity detox.
• The perfect balance of strength, meditation and postures using intensive breath control.
• This class is suitable for all levels, including beginner Yogis too.

YogiNa

Fast-paced class to experience fluidity and motion as you exercise your body and breathing capabilities.
• Aids a lot in weight loss.
• Pranayama, chanting and Meditation are included in this class.
• Great for consistent Vinyasa Yogis.
• YogiNa works on your stamina.
• Comprises 99 postures specifically designed by Sumit Manav.
• High-intensity class (No-break routine).
• Increased confidence.
• The perfect class for those who are looking to tone their bodies, lose weight and rejuvenate by incorporating Yoga in their lifestyle.
Fast-paced class to experience fluidity and motion as you exercise your body and breathing capabilities.

Yoga-To

• The ultimate stress-relief.
• A series of postures, twists, forward bends and backward bends as your stimulate your internal organs gently using Traditional Yoga practices.
• Frequent flows of Pranayama, Bahadas & Meditation.
• Digestive rejuvenation.
• The perfect class for those who exercise on a regular basis and want to incorporate Yoga in their daily routine.

Pure Soul

.Pure Meditation & bliss
This day is the most important day of our Yoga routine.
.The above 5-Days we use to prepare our body and mind & on this sixth day, we aim to go beyond our imagination.
Learn to move your awareness and how to control it
.This 1 hour is dedicated to meditation practice only for the Third Eye & Crown Chakra ***(Ajna & Sahasrara Chakra)***
. This class is based on ancient meditation techniques given my Yogis Pranayama, Mudra, Bandhas, Yoga Nidra and Meditation is part of this class You will be learning mind management and how to achieve concentration for greater memory Tools and techniques will be given in the class to improve your Meditation journey This class is perfect for anyone & everybody 30-Minute Vinyasa + 30 Minutes Meditation

Join our 30-Day Yoga Challenge

for 3-times per week of intensive but authentic Yoga workouts & routines that are going to

energize your body, mind & soul. Prepare your body for the ultimate Yoga experience and be part of a dynamic group of passionate Yogis.
Why join the 30-Day Yoga Fit Challenge?
Build strength and stamina
Gain endurance & flexibility
Boost your vitality
Get rid of the bloat
Kick that excess fat away!
Fun workout led by experienced and professional Yoga instructors
Chakra Meditation part of each class.