

**LIFESTYLE YOGA FEBRUARY 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  |  |
| 12:00pm          | Pranayama & Yoga Nidra  | Yoga-Strong  | Flexi-Flow   | YogiNa 99  | Flexi-Flow  | Pure Soul  |  |
| 1:00pm           |   | Corporate Yoga   |  | Corporate Yoga   |   | Private Yoga   |  |
| 4:30pm           | Kids Yoga   |  |  |  |   |  |  |
| 5:30pm           | Yin Yoga  | 30-Day Yoga Fit Challenge  | Flexi-Flow   | 30-Day Yoga Fit Challenge  | Yin Yoga  | 30-Day Yoga Challenge Fit  |  |
| 6:30pm           | Half n" Half  | Yoga-Strong  | Flexi-Flow   | YogiNa 99  | Yoga-Tox  | Yoga-Strong  |  |
| 7:30pm           | Beginner's Yoga Challenge   | Weight Loss Challenge  | Beginner's Yoga Challenge  | Weight Loss Challenge  | Beginner's Yoga Challenge   | Weight Loss Challenge  |  |
| Fairmont Dubai   | SATURDAY  | SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
| 9am to 5pm       |   | Yin Yoga Teacher Training  | Yin Yoga Teacher Training  | Yin Yoga Teacher Training  | Yin Yoga Teacher Training   | Yin Yoga Teacher Training  | Yin Yoga Teacher Training  |
|                  |   |  |  |  |   |  |  |
| Grand Millenium  | SATURDAY  | SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
| 9:00am           | Half N" Half Feb 9th -14th)   | Yoga-Strong  | Flexi-Flow   | YogiNa 99  | Yoga-Tox  | Pure Soul  |  |
| 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  | Beginner's Yoga Challenge  | Flexi-Flow   | Beginner's Yoga Challenge  | Yoga-Tox  | Beginner's Yoga Challenge  |  |
|                  |   |  |  |  |   |  |  |
|                  | Half n" Half  | Yoga Strong  | Felxi Flow   | YogiNa 99  | Yoga-Tox  | Pure Soul  | Yoga Fit Challenge   |
|                  | <ul style="list-style-type: none"> <li>Yoga is about balancing 2 sides of you – the Ying and Yang, the Ida and Pingla.</li> <li>Achieve the cosmic balance between your body and mind through Yoga.</li> <li>Hatha postures, Hatha Yoga Kiryas &amp; Meditation.</li> <li>Goal: Achieving awareness, strength and inner stability.</li> <li>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.</li> <li>Please note that full inversions and backward bends are an essential part of this class.</li> </ul> | <ul style="list-style-type: none"> <li>Your core strength exists – but are you using it?</li> <li>Yogo-Strong aims at effectively building your strength through Yoga.</li> <li>Working on the vitality of both your body &amp; mind.</li> <li>This class improves your posture, body language and core strength – which enhances your inner &amp; outer confidence a lot.</li> <li>60 minutes of challenging Yoga targeting all body parts, with a major focus on stubborn fat areas.</li> <li>Target body parts: Arms – Chest – Legs – Abdominal Area – Back – Buttocks.</li> <li>Endurance flow with Namaskaras to the Sun and Chakras.</li> <li>Intensity increases gradually.</li> <li>The class ends with Meditation, Pranayama and Shavasana.</li> <li>The perfect class for those who are looking for next-level Yoga and aim to achieve and maintain the strength of both their body &amp; mind.</li> </ul> | <ul style="list-style-type: none"> <li>Flexibility is not a given – it's something that you CAN achieve.</li> <li>Sink into a Vinyasa flow of Asanas, focusing on the hips, spine and legs.</li> <li>Intensive Traditional Yoga stretches and breath control.</li> <li>Ideal to balance your prana and find your Chi.</li> <li>FlexiGo ends with short meditations.</li> <li>Sweat out your stress with Lifestyle Yoga Dubai's creative signature class!</li> <li>Flo-Yo maximizes your endurance by mixing in Traditional Vinyasa Yoga for a high-intensity detox.</li> <li>The perfect balance of strength, meditation and postures using intensive breath control.</li> <li>This class is suitable for all levels, including beginner Yogis too.</li> </ul> | <ul style="list-style-type: none"> <li>Fast-paced class to experience fluidity and motion as you exercise your body and breathing capabilities.</li> <li>Aids a lot in weight loss.</li> <li>Pranayama, chanting and Meditation are included in this class.</li> <li>Great for consistent Vinyasa Yogis.</li> <li>YogiNa works on your stamina.</li> <li>Comprises 99 postures specifically designed by Sumit Manav.</li> <li>High-intensity class (No-break routine).</li> <li>Increased confidence.</li> <li>The perfect class for those who are looking to tone their bodies, lose weight and rejuvenate by incorporating Yoga in their lifestyle.</li> <li>Fast-paced class to experience fluidity and motion as you exercise your body and breathing capabilities.</li> </ul> | <ul style="list-style-type: none"> <li>The ultimate stress-relief.</li> <li>A series of postures, twists, forward bends and backward bends as you stimulate your internal organs gently using Traditional Yoga practices.</li> <li>Frequent flows of Pranayama, Bhandas &amp; Meditation.</li> <li>Digestive rejuvenation.</li> <li>The perfect class for those who exercise on a regular basis and want to incorporate Yoga in their daily routine.</li> </ul> | <ul style="list-style-type: none"> <li>Dwell in a calming Yoga flow that will charmingly take you through the basics and principles of Traditional Yoga and Archaic Postures in a gentle and educational manner.</li> <li>The purpose of this class is to introduce beginner and aspiring Yogis to the authentic Yoga practice in order to calm your body and achieve mindfulness.</li> <li>The perfect class for beginners and first-time Yogis.</li> </ul> | <ul style="list-style-type: none"> <li>Join our 30-Day Yoga Challenge for 3-times per week of intensive but authentic Yoga workouts &amp; routines that are going to energize your body, mind &amp; 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 &amp; 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.</li> </ul> |