

LIFESTYLE YOGA FEBRUARY SCHEDULE, 2019

Shangri-la Hotel	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	Yoga Fit Challenge	Yin & Yang Challenge	Yoga Fit Challenge	Yin & Yang Challenge	Yoga Fit Challenge	Yin & Yang Challenge	
11:00am	Half N" Half	Yoga-Strong	Flexi-Flow	YogiNa 99	Yoga-Tox	Pure Soul	
12:00pm	Yoga For Back Pain		Yoga For Diabetes		Yoga For Hypertension		
4:30pm	Kids Yoga						
5:30pm	Yin & Yang Challenge	Yoga Fit Challenge	Yin & Yang Challenge	Yoga Fit Challenge	Yin & Yang Challenge	Yoga Fit Challenge	
6:30pm	Half n" Half	Yoga-Strong	Flexi-Flow	YogiNa 99	Yoga-Tox	Yoga-Strong	
7:30pm	Beginner's Yoga	Yoga-Strong	Beginner's Yoga	Flexi-Flow	Beginner's Yoga	Yoga-Strong	
Grand Millenium	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
6:30pm	Yoga Fit Challenge		Yoga Fit Challenge		Yoga Fit Challenge		
7:30pm	Beginner's Yoga		Beginner's Yoga		Beginner's Yoga		
Fairmont Dubai	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
11:30am		Yin Yoga		Yin Yoga		Yin Yoga	
Garhoud	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
10:00am							
6:30pm							
	Half n" Half	Yoga Strong	Felxi Flow	YogiNa 99	Yoga-Tox	Pure Soul	Yoga Fit Challenge

<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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. 	<p>Fast-paced class to experience fluidity and motion as you exercise your body and breathing capabilities.</p> <ul style="list-style-type: none"> • 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. <p>Fast-paced class to experience fluidity and motion as you exercise your body and breathing capabilities.</p>	<ul style="list-style-type: none"> • The ultimate stress-relief. • A series of postures, twists, forward bends and backward bends as you stimulate your internal organs gently using Traditional Yoga practices. • Frequent flows of Pranayama, Bhandas & Meditation. • Digestive rejuvenation. • The perfect class for those who exercise on a regular basis and want to incorporate Yoga in their daily routine. 	<ul style="list-style-type: none"> • 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. • 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. • The perfect class for beginners and first-time Yogis. 	<p>Join our 30-Day Yoga Challenge for 3-times per week of intensive but authentic Yoga workouts & routines that are going to</p> <p>energize your body, mind & soul. Prepare your body for the ultimate Yoga experience and be part of a dynamic group of passionate Yogis.</p> <p>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.</p>
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