

## LIFESTYLE YOGA DECEMBERSCHEDULE

Shangri-la Hotel	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am		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	Yoga For Back Pain ( PAID)	Yoga-Strong	Flexi-Flow	YogiNa 99	Yoga-Tox	Pure Soul	
12:00pm	Kids Yoga				Yoga For Back Pain ( PAID)		
4:30pm							
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	Yoga Fit Challenge	Beginner's Yoga	Yoga Fit Challenge	Beginner's Yoga	Yoga Fit Challenge	Beginner's Yoga	
	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</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> </ul>	<p>Fast-paced class to experience fluidity and motion as you exercise your body and breathing capabilities.</p> <ul style="list-style-type: none"> <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> </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 your 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>	<p>Join our 30-Day Yoga Challenge for 3-times per week of intensive but authentic Yoga workouts &amp; routines that are going to</p> <p>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</p>

