



**Friday Fully Counted Ashtanga
Primary Series Course**
Self-practice up to ALL Standing poses
by Dorothy Loh.

Every Friday: 5 Jan to 30 Mar (excluding 16 & 23 Feb)
total 11 sessions.

Time: 10:15-12:15 (2hrs)

Total: \$4000 for 9 to 11 sessions

Drop in: \$450 per session

*Max 8 students

Course NOT for BEGINNERS and NON-regulars.