



Friday Mysore by Dorothy

October – December 2019

Help develop a committal, regular self-practice
Cultivate mindfulness in the practice

(traditional Sanskrit counting method, pranayama/breath
and vinyasa/movement)

Dates: Oct 11, 18 & 25

Nov 1 & 8

Dec 6, 13 & 20

Time: 10:30-12:30

Cost: drop in \$450 or block of 8 sessions \$3200

Not more than 12 students

Pre-booking required, please send email to info@yogamala.com.hk