

SCHEDULE OF CLASSES EFFECTIVE FEBRUARY/MARCH 2019

TIME	MON	TUE	WED	THU	FRI	TIME	SAT	SUN
Mon - Thu Mala Mysore 06:30 - 10:00 Adjustment 07:30 - 09:45	MALA MYSORE Cheuk Na	MALA MYSORE Dorothy	MALA MYSORE Cheuk Na	MALA MYSORE Dorothy	LED PRIMARY Cheuk Na 0730-0930	0830-0910 0910-0930 0930-1010	Mala Meditation AUM Chanting Ashtanga Sun A&B Meditation Jolene	Full Counted Half Primary & Half 2nd Series Led Dorothy/Jolene 0800-1000
10:30 - 12:00	YIN & YANG Lily*		LED PRIMARY Dorothy					
12:45 - 13:45	YIN & YANG Christina*	ASHTANGA BASICS Dorothy	ASHTANGA BASICS Dorothy	YIN & YANG Christina*				
15:30-16:10 16:10-16:30 16:30-17:10	Mala Meditation AUM Chanting Ashtanga Sun A&B Meditation Jolene		Mala Meditation AUM Chanting Ashtanga Sun A&B Meditation Jolene			15:15 - 16:00	SATURDAY Chán MEDITATION Ken Pang for regular meditators only (pre-booking required)	
19:00 - 20:00		YIN & YANG Lily*			忙裡偷閒喝杯茶去，苦中作樂放下心來 ~ 南懷瑾老師			

PRICING

1 Class	\$260	no discount
4 Classes	\$700	no discount
8 Classes	\$1,300	no discount
1 Month	\$1,800	\$1,600
3 Months	\$4,800	\$4,500
1 Year	\$18,000	\$16,800

DISCOUNTED

4 & 8 class package valid for 4 months
Private lesson 1 hour \$1000-\$1500 (5% off
on a package of 10 sessions valid for 3 months)



覺 / 慈

AWAKENING & COMPASSION

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NOTICES & EVENTS

19 Apr : 0830-1030 : 108 Mandala - Sun Salutation by Dorothy

MOON DAY / 初一十五:

19 Feb : 0730-0910 Mala Meditation, 0910-1000 Self practice

Mar 7 & 21 : 0730-0910 Mala Meditation, 0910-1000 Self practice

With (*) class conducted in English only

Cash or Cheque only, Payable to "Yoga Mala Limited" 只收現金或支票

We do not take credit cards. All class packages are non refundable.