

# 懷師~小學堂 \* YOGA MALA

since 2008

## SCHEDULE OF CLASSES EFFECTIVE DECEMBER 2017

TIME	MON	TUE	WED	THU	FRI	TIME	SAT	SUN
Mon - Thu Mala Mysore 06:30 - 10:00 Adjustment 07:30 - 09:45	MALA MYSORE Dorothy/Jolene	MALA MYSORE Dorothy	MALA MYSORE Dorothy/Jolene	MALA MYSORE Dorothy	LED PRIMARY Jolene 0730-0930	0830-0910 0910-0930 0930-1010	<b>Mala Meditation</b> AUM Chanting Yin Yoga Meditation Jolene	Full Counted Ashtanga Led Dorothy 0800-1000
10:30 - 12:00	YIN & YANG Lily*		ASHTANGA LED Dorothy			10:30 - 12:00	YIN & YANG Miranda	
12:45 - 13:45	YIN & YANG Christina*	ASHTANGA BASICS Dorothy	ASHTANGA BASICS Dorothy	YIN & YANG Christina*				
15:30-17:00	MEDITATION & ASHTANGA BASICS Jolene		MEDITATION & YIN YOGA Jolene	RESTORATION YOGA Dorothy 1545-1645		15:15 - 16:00	Chán MEDITATION Ken Pang for regular meditators only	
19:00 - 20:00		YIN & YANG Lily			<b>忙理偷閑喝杯茶去，苦中做了放下心來~南懷瑾</b>			

### PRICING

1 Class	\$240	<b>DISCOUNTED</b> no discount
4 Classes	\$700	no discount
8 Classes	\$1,300	\$1,280
1 Month	\$1,800	\$1,600
3 Months	\$4,800	\$4,500
1 Year	\$18,000	\$16,800

All class package valid for 4 months  
Private lesson 1 hour \$900-\$1000 (5% discount  
on a package of 10 sessions valid for 3 months)



yoga mālā  
योग माला

覺 / 慈

**AWAKENING & COMPASSION**

Tel: 21160894

Fax: 37530449

Address: 11/F Man Cheung Building,

15-17 Wyndham St, Central

Website: [www.yogamala.com.hk](http://www.yogamala.com.hk)

### \*\*\*Christmas & New Year Holiday\*\*\*

Dec 24 & 31: 0900-1100 Full counted Ashtanga Led by Dorothy

Dec 25: Close for Holiday

Dec 26: 0830-1030 Mysore by Dorothy

Jan 1: 0830-1010 Mala Meditation by Jolene

Jan 1: 1030-1200" New Year" Yin & Yang by Lily

(Moon Day 初一,十五) Dec 2 : Normal schedule

Dec 18: 0730-0930 Mala Meditation by Jolene

Cash/Cheque Payable to "Yoga Mala Limited" 只收現金或支票

All class packages are non refundable.