

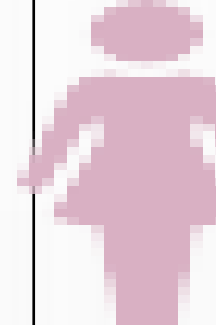
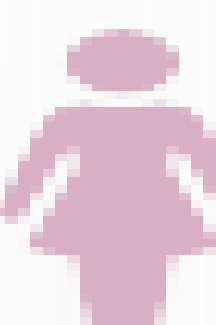
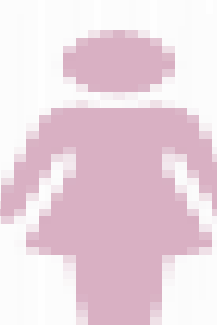
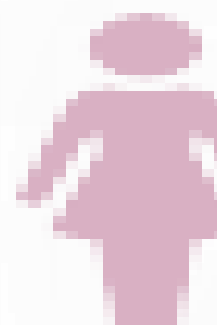
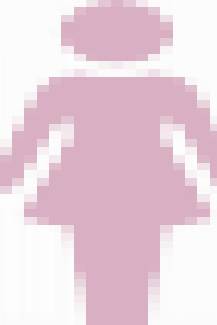
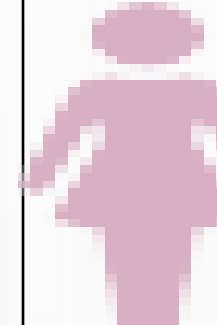
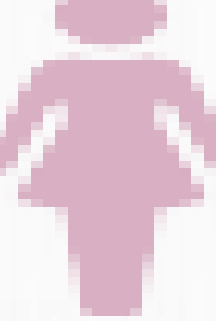
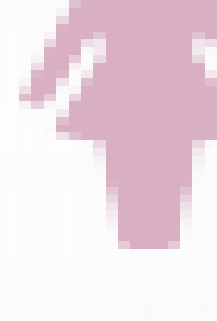
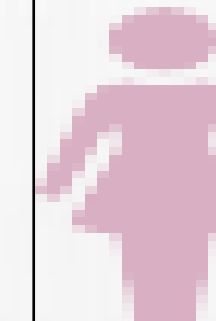
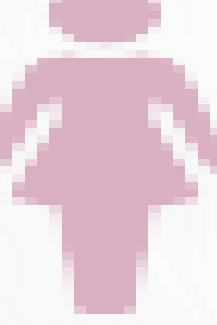
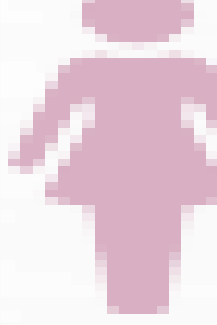
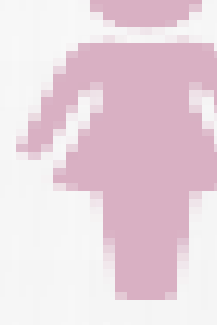
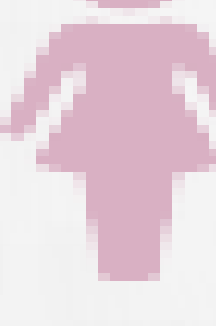
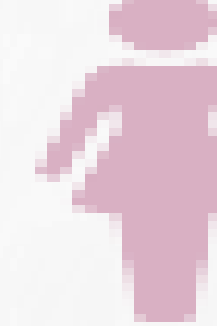


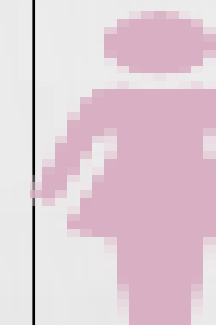




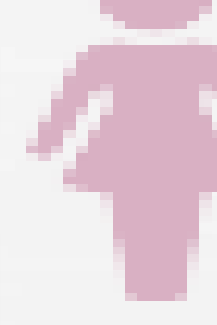

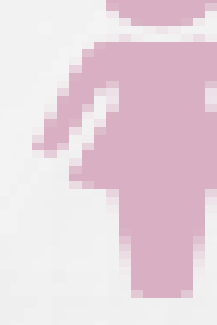
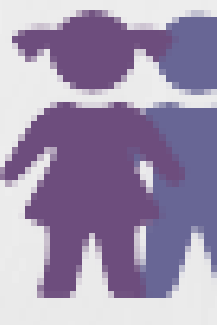

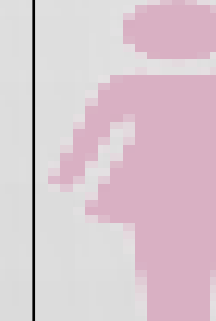
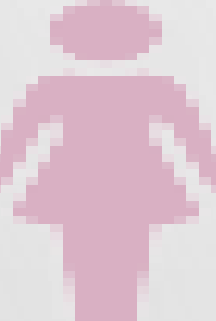
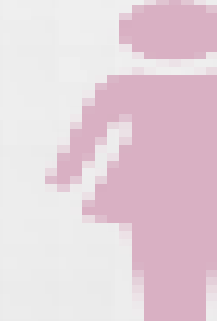
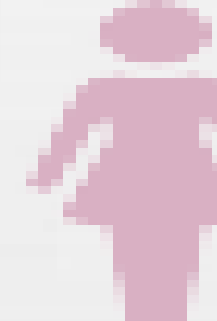
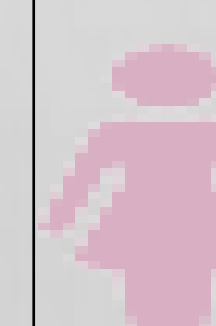
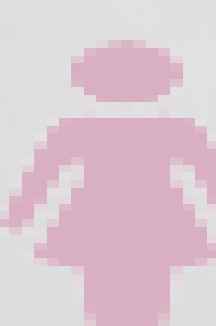

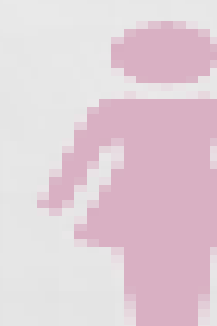
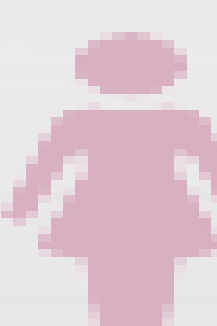
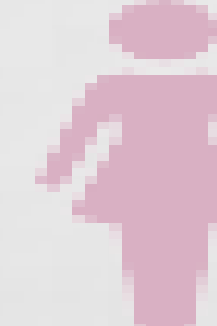
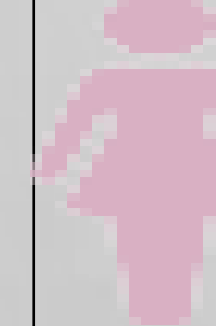
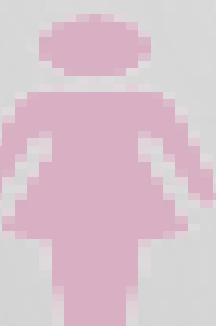
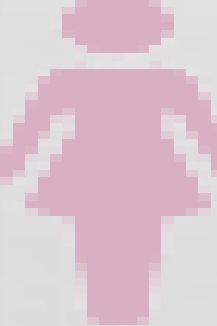
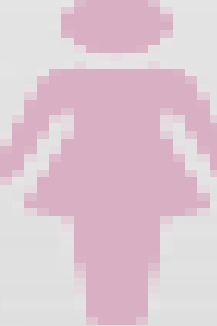
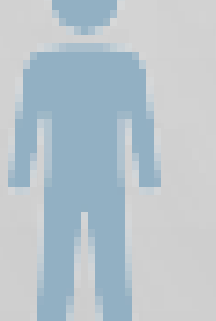
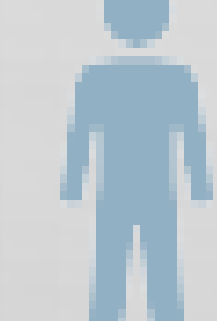

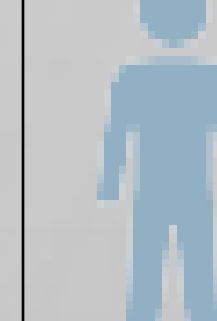


Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8AM-9AM						 Family yoga <b>Garden Area</b> Dr. Visalatchi	 Family yoga <b>Garden Area</b> Dr. Visalatchi
10AM-11AM	 Stretch Yoga <b>Yoga studio</b> Dr. Visalatchi	 Yin yoga <b>Salt room</b> Dr. Visalatchi	 Cyclic meditation <b>Salt Room</b> Dr. Visalatchi	 Spine Care <b>Yoga studio</b> Dr. Visalatchi		 Vinyasa Yoga <b>Salt Room</b> Dr. Visalatchi	 Yin yoga <b>Salt room</b> Dr. Visalatchi
11AM-12PM	Therapeutic Yoga Dr. Vineetha	 Pranayama /meditation <b>Salt room</b> Dr. Vineetha	Therapeutic Yoga <b>Salt room</b> Dr. Vineetha	Therapeutic Yoga <b>Salt room</b> Dr. Vineetha	 Pranayama /meditation <b>Salt room</b> Dr. Vineetha		
12PM-1PM	 Spine Care <b>Salt room</b> Dr. Visalatchi						
1PM-2PM		Therapeutic Yoga <b>Salt room</b> Dr. Visalatchi	 Chakra healing with sun salutations <b>Yoga studio</b> Dr. Visalatchi	 Yin yoga <b>Salt room</b> Dr. Visalatchi		 Yoga Nidra <b>Salt Room</b> Dr. Visalatchi	
2PM-3PM	Therapeutic Yoga <b>Salt room</b> Dr. Visalatchi	 Spine Care <b>Salt room</b> Dr. Visalatchi		Therapeutic Yoga <b>Salt room</b> Visalatchi	 Yin yoga <b>Yoga studio</b> Dr. Vineetha	 Family yoga <b>Garden Area</b> Dr. Visalatchi	 Family yoga <b>Garden Area</b> Dr. Visalatchi
3PM-4PM	 Cyclic meditation <b>Salt Room</b> Dr. Visalatchi		Therapeutic Yoga <b>Salt room</b> Dr. Vineetha			 Aqua Yoga Dr. Visalatchi 	 Aqua Yoga Dr. Visalatchi 
4PM-5PM		Yin yoga <b>Garden Area</b> Dr. Visalatchi	Pre-Post Natal Yoga <b>Salt room</b> Dr. Visalatchi	 Aqua Yoga Dr.Visalatchi 	 Spine Care <b>Salt room</b> Dr. Vineetha	 Kids Yoga <b>Yoga studio</b> Dr. Visalatchi	 Kids Yoga <b>Yoga studio</b> Dr. Visalatchi
5PM-6PM	 Yin yoga <b>Garden Area</b> Dr. Visalatchi	 Cyclic meditation <b>Salt Room</b> Dr Annu	 Pranayama /meditation <b>Salt room</b> Dr. Annu	 Cyclic meditation <b>Salt Room</b> Dr Annu			
6PM-7PM	 Trataka Meditation <b>Yoga studio</b> Dr. Visalatchi	 Aqua Yoga Dr. Visalatchi 	 Spine Care <b>Yoga studio</b> Visalatchi	 Chakra healing with sun salutations <b>Yoga studio</b> Dr. Visalatchi	 Cyclic meditation <b>Salt Room</b> Dr Annu		
7PM-8PM	 Pranayama /meditation <b>Salt room</b> Dr. Vineetha	 Therapeutic Yoga <b>Salt room</b> Dr. Vineetha	 Trataka Meditation <b>Yoga studio</b> Dr. Vineetha	 Pranayama /meditation <b>Salt room</b> Dr. Vineetha			
8PM-9PM		 Spine Care <b>Yoga studio</b> Suhas	 Chakra healing with sun salutations <b>Yoga studio</b> Suhas		 Yin Yoga <b>Yoga studio</b> Suhas		 Stretch Yoga <b>Salt Room</b> Suhas

☒ Diabetes Milletus

☒ Insomnia

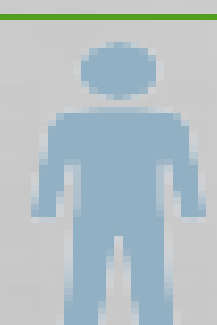
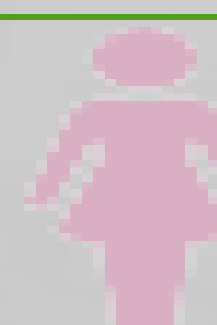






☒ Pain Management

☒ Hypertension

☒ Stress Management

☒ Obesity

☒ PCOD

MALES	FEMALES	FAMILY	KIDS	Garden Yoga	Salt Room	Aqua Yoga	Studio Yoga
							

Terms and Conditions:

- Spaces are limited, prior confirmation of appointment is a must.
  - Flexible family yoga schedule; prior booking and subject to availability of our Yoga Therapist.
- Tel: 02-585-7580, 02-645-2573 Whatsapp: +971-2-585-7580

Disclaimer: Schedule is subject to change on a monthly basis based on feedback from customers