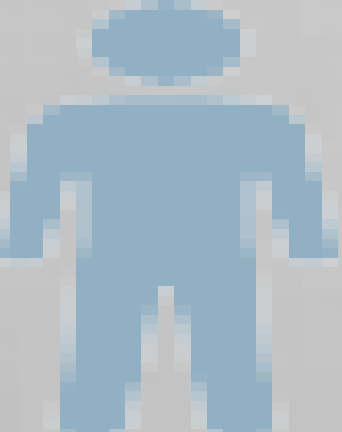
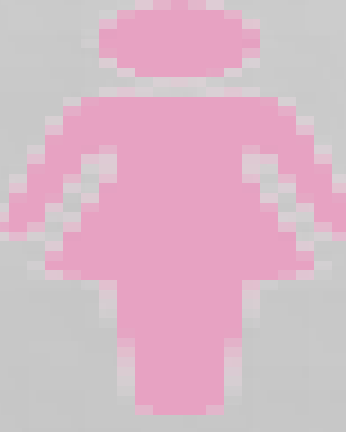
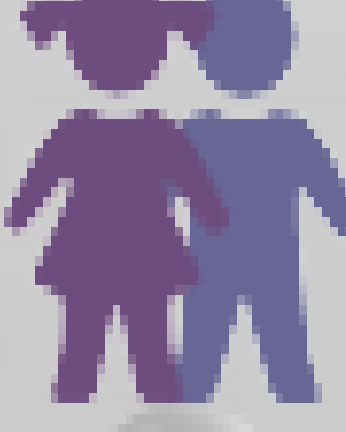


Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10AM-11AM	Pranayama /meditation Salt room Dr. Vineetha	Pranayama /meditation Salt room Dr. Vineetha	Pranayama /meditation Salt room Dr. Vineetha	Pranayama /meditation Salt room Dr. Vineetha	Pranayama /meditation Salt room Dr. Vineetha		Pranayama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

- ✓ Diabetes Milletus
- ✓ Insomnia
- ✓ Pain Management
- ✓ Hypertension

Males	Females	Family	Kids
			

Garden Yoga	Salt Room	Aqua Yoga	Studio Yoga
			

- ✓ Stress Management
- ✓ Obesity
- ✓ PCOD

Terms and Conditions:

- Spaces are limited, prior confirmation of appointment is a must..
- 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