

SATURDAY 2ND MARCH 2024
9TH ANNUAL

yoga market

With Special Guest

BRENDON HANSFORD

FROM UNBOUND BREATHWORK
A 9D & IMD BREATHORK SPECIAL

UNLIMITED CLASSES
FOR 200AED

Tickets available online now
Pre-booking of classes is essential

CLASS SCHEDULE

	FLOW	HEART	HARMONY	CHI	SOUL
8:00AM - 9:00AM	SOUL OF THE SOUL YOGA WITH JENN ALL LEVELS				
9:00AM - 10:00AM	VINYASA MEDITATION WITH CECI ALL LEVELS	YOGA FLOW ANIMALIA WITH CARLOS ALL LEVELS	YIN YOGA WITH ANGELA ALL LEVELS	9:00AM - 10:15AM HATHA YOGA FROM FEAR TO COURAGE WITH SHAHAD ALL LEVELS	
10:30AM - 11:30AM	ASHTANGA 1.5 EXPRESS WITH MICHELLE ALL LEVELS	VINYASA FLOW WITH CHARLENE ALL LEVELS	STRETCH & TONE - PILATES FOR A HEALTHY SPINE WITH DAPHNE ALL LEVELS	GONG MEDITATION & YOGA NIDRA WITH SHAHAD ALL LEVELS	10:00AM - 10:45AM YOGA & AYURVEDA - THE PERFECT MARRIAGE FOR TOTAL WELLBEING WITH DR SURESH
12:00PM - 1:00PM	9D / IMD BREATHWORK WITH BRENDON ALL LEVELS	HATHA FLOW WITH CHAITHRA ALL LEVELS	12:00PM - 1:30PM EMPOWERING YOGA WARRIORS - A DEEP DIVE INTO PELVIS ANATOMY WITH LILLIAN	WALK THE LABYRINTH WITH VANDANA ALL LEVELS	11:30AM - 12:00PM KIDS YOGA (AGES 4 - 6) 12:15PM - 12:45PM KIDS YOGA (AGES 7 - 12)
1:30PM - 2:30PM	9D / IMD BREATHWORK WITH BRENDON ALL LEVELS	REST, REWIRE AND RESTORE WITH MEENA ALL LEVELS	PRANAYAMA WITH VIDYA ALL LEVELS	YADU YOGA WITH DIDIER ALL LEVELS	
3:00PM - 4:00PM	KIRTAN SINGING WITH KIRTAN DUBAI				