



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	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				