

May 2012

Yoga Classes @ THE YOGA PLACE

All Classes are Drop-in. www.theyogaplace.in.th

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
9:30am to 11:00	Tai (Vinyasa) T/E	Sharikay New (Yoga Basics) E	Sharikay (Power/Intermediate+) E	Sweetie New (Serene Yoga) T/E	Tai (Vinyasa) T/E	Tai (Ashtanga Basics) T/E	-----	
11:30am to 1:00pm	Tai (Vinyasa) T/E	-----	Elle New (Ashtanga vinyasa) T/E/J	Sweetie New (Serene Yoga) T/E	Kei (Yoga Therapy) T/E/J	-----	Tony (Hatha Flow) T/E	
2:00pm to 3:30	-----	Aom (Yin) T/E	<div style="border: 1px solid black; padding: 5px;"> <p>* 21 May (Mon) - 24 May (Thu) 11:30am-1:00pm CANTIK's Japanese yoga class</p> <p>* 5月21日 (月) ~24日 (木) 11:30am-1:00pm はじめてのヨガ日本語クラス</p> </div>				-----	-----
4:00pm to 5:30	-----	-----	-----	-----	(Kids yoga) T/E *親子ヨガ	Dodo (Hatha) T/E/	Dodo (Hatha) T/E/	
6:30pm to 8:00	Tony (Gentle Hatha) T/E	Elle New (Vinyasa) T/E/J	Tasha (Iyengar) T/E	kei (Gentle Yoga) T/E/J	Elle New (Ashtanga Vinyasa) T/E/J	-----	-----	

Language: T...Thai E...English J...Japanese

Charge: 1 class...350B, 10 classes ticket...3,000B (exp.2 month)
20 classes ticket...5,500B (exp.3 month) Monthly ticket...4,500B

*1 ticket for 1 person. It is not able to share with others.

*No need booking before class. Just drop in please.

* 予約は要りません。そのままクラスにお越し下さい。

THE YOGA PLACE

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*Feel free to contact: info@theyogaplace.in.th