

pink ganesha online schedule

	MON	TUE	WED	THU	FRI	SAT	SUN
6:30 ~ 7:00	Morning Yoga	Morning Yoga			Morning Yoga	Morning Yoga	
9:00 ~ 9:40	Yoga Pilates Yin Yoga Dorina		Hatha Yoga Refresh (4 th 指 Yoga) Mariko	Ayurvedic Yoga Rie			
9:45 ~ 12:00	Ashtanga		Ashtanga		Ashtanga	Ashtanga	Ashtanga (7:30-9:45) Yoga Talk Chanting (9:45-10:15)
20:30 ~ 21:00	Yoga & Pranayama Meditation mina	Relax Yoga Rie					