

## pink ganesha schedule

	MON	TUE	WED	THU	FRI	SAT	SUN
9:00 ~ 9:40	Yoga Pilates Dorina		Hatha Yoga Refresh (4 <sup>th</sup> 指 Yoga) Mariko	Hatha Flow Rie		Yin Yoga Dorina	
9:30 ~12:00	Ashtanga		Ashtanga		Ashtanga	Ashtanga	Ashtanga (7:30-10:00)
20:30 ~21:00	Yoga & Pranayama Meditation mina	Relax Yoga  Rie			Yin Yoga(1.3) Mariko Kao Yoga(2) Dorina YogaNidra(4.5) Rie		Yoga Talk Pranayama Chanting (10:00-10:25)