

YOGA SCHEDULE



**KOH LANTA,
JAN - MAR 2017**

DAY	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
TIME							
RELAX 8 - 9.30 AM	HATHA FLOW L1-2	HATHA FLOW upon booking	HATHA FLOW L1-2	HATHA FLOW upon booking	HATHA FLOW L1-2	HATHA FLOW upon booking	
MOONL 8.30-9.45 AM	MOON LIGHT RESORT	MOON LIGHT RESORT	MOON LIGHT RESORT	MOON LIGHT RESORT	MOON LIGHT RESORT	MOON LIGHT RESORT	
11- AM 12.30 PM	OPTIONS: POSTURE CLINIC 		OPTIONS: POSTURE CLINIC 		OPTIONS: POSTURE CLINIC 		
4.30 - 5.45 PM	OPTIONAL YIN upon booking MOON LIGHT RESORT				OPTIONAL YIN upon booking MOON LIGHT RESORT		

- ❖ **ANUSARA INFLUENCED, HATHA, HATHA FLOW & YIN:** RECOMMENDED FOR BEGINNERS OR TRAVELLERS WHO ARE OUT OF PRACTICE.
- ❖ **VINYASA FLOW, ASHTANGA :** RECOMMENDED FOR THOSE WITH A BASIC FOUNDATION OR WHO ARE MORE EXPERIENCED.
- ❖ **INTERMEDIATE & ADVANCED** LEVELS ARE AVAILABLE UPON REQUEST
- ❖ **OPTIONS:** RECOMMENDED FOR BEGINNERS WHO FEEL UNCERTAIN WITH THEIR PHYSICAL POSTURE OR PRACTICE. PLEASE BOOK ONE DAY IN ADVANCE

PLEASE ENQUIRE FOR INTUITIVE BODY CLASS PASS & PRIVATE RATES.

- ❖ **MOONLIGHT RESORT, 69 MOO 8, BAN KLONG TOAB:** WWW.MOONLIGHT-RESORT.COM
- ❖ **RELAX BAY RESORT, PRA AE:** WWW.RELAXBAY.COM
- ❖ **PRIVATE LOCATION:** PLEASE ENQUIRE DIRECTLY

