



Union Yoga Ayurveda

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 unionyogaayurveda@gmail.com | 8321 6170/ 6842 0885



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday												
8.00-9.00	Yoga Therapy	Yoga Therapy	Yoga Therapy	Yoga Therapy	Yoga Therapy	Yoga Therapy	Yoga Therapy												
9.00-10.00	Yoga Therapy	Yoga Therapy	Yoga Therapy	Yoga Therapy	Yoga Therapy	Kriya	Kriya												
11.00-12.00	Hatha Yoga	No Classes	Courses	Hatha Yoga	Courses														
12.00-13.00	Courses			Courses		Courses	Courses	Courses											
13.00-14.00						Courses			Courses	Courses									
14.00-15.00											Courses	Courses	Courses						
15.00-16.00														Courses	Courses	Courses			
16.00-17.00																	Courses	Courses	Courses
17.00-18.00																			
18.00-19.00	Courses			Courses			Courses												
19.00-20.00		Hatha Yoga	Hatha Yoga		Hatha Yoga	Hatha Yoga		No Classes	No Classes										
20.00-20.30		Pranayama	Pranayama		Pranayama	Pranayama													
20.30-21.30		Courses	No Classes		Courses	Courses		Courses	No Classes	No Classes									
21.30- 22.00																			

*** Please call 6842 0085/ 8321 6170 or email to unionyogaayurveda@gmail.com to check the vanancies for the Yoga Classes, Consultations, Ayurvedic Treatments and Private Classes**