



November Drop-In Schedule - Yoga Classes and Workshops

Ananda Yoga and Detox Center



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 am - 9:00 am						Second Series Playshop Valerie	
7:45 am - 8:30 am	Meditation Nadja	Pranayama Stephanie	Meditation Stephanie	Pranayama Sandra	Meditation Mii	Meditation Nadja	Meditation Puneeth
9:30 am - 11:00 am	Dynamic Vinyasa Flow Valerie	Creative Vinyasa Fern	Dynamic Vinyasa Peak Valerie	Creative Vinyasa Fern	Sacred Slow Flow with Bhakti Fern	Ashtanga Play Valerie	9.00 am - 10:15 am Gentle Flow Mii
9:45 am - 11:00 am	Yoga Basics Dana/Puneeth	Yoga Basics Emma	Yoga Basics Stephanie	Yoga Basics Emma		Yoga Basics Stephanie	10:30 - 12:00 Ashtanga Puneeth
Mini-Workshop 12:15 pm - 1:30 pm	Somatic Breathwork Magda		Prenatal Yoga Sandra (check website for info)		Aerial Irene		Rebirthing breathwork Puneeth
3:00 pm - 4:15 pm		Hatha Flow Puneeth	Traditional Hatha Sandra	Feminine Flow (Women only) Dana		Mixed-Level Vinyasa Supansa/Puneeth	Hatha Nadja
4:30 pm - 5:45 pm	Yin/Restorative Emma	Yin/Restorative Magda	Yin/Restorative James	Yin/Restorative Mii	Yin/Restorative Stephanie	Yin/Restorative Magda	Tibetan Sound Healing Khattaya
6:00 pm - 7:00pm		Sunset Aerial Irene		Sunset Aerial Irene			
7:30 pm - 8.30 /8.45	Reflective Writing Valerie	The Healing Sounds: with Bowls, Flute and Raga - Krishna					

Classes		Memberships			
75/90 min class	400 Baht		6 Class Pack	2,150 Baht	Garden Studio
45 min class	200 Baht		12 Class Pack	3,950 Baht	Meditation Hall
Mini Workshop	400 Baht				Sky Studio
Aerial	500 Baht	50% off with Membership	Not included in class packs.		Aerial

Monthly Membership: unlimited yoga, meditation classes and pranayama classes, mini workshops, 50% off aerial yoga, use of salt water pool, herbal steam ice bath, **4.500**