March Drop-In Schedule - Yoga Classes and Workshops
Ananda Yoga and Detox Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45 am - 8:30 am	Meditation Lou	Pranayama Stephanie	Meditation Stephanie	Pranayama Lou	Meditation Mii	Meditation Lou	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 Live Music Fern	Ashtanga Play Valerie	9.00 am - 10:15 am Gentle Flow Dana
9:45 am - 11:00 am	Yoga Basics Dana	Yoga Basics Lou	Yoga Basics Stephanie	Yoga Basics Lou		Yoga Basics Stephanie	10:30 - 12:00 Ashtanga Puneeth ---------- 10:30 - 11:30 - Aerial - Bella
Mini-Workshop 12:15 pm - 1:30 pm	Nature Therapy Jimmy Yin	Meditation Mastery Tony	Kundalini Raj	Human Design Maria Roza	Aerial Bella	Intro to Reiki Maria Roza	Chakra Awakening Study Session Tony
3:00 pm - 4:15 pm	Mixed-Level Vinyasa Lou	Hatha Flow Tony	Traditional Hatha Puneeth	Mixed level Vinyasa Fah	Mixed level Vinyasa Lou	Hatha Flow Tony	Hatha Aliyah
4:30 pm - 5:45 pm	Yin/Restorative Lou	Yin/Restorative Magda	Yin/Restorative Jimmy Yin	Yin/Restorative Mii	Yin/Restorative Stephanie	Yin/Restorative Aliyah	Tibetan Sound Healing Khattaya
6:15pm - 7:15pm	Sunset Aerial YIN Bella		Sunset Yoga Bella	Sunset Aerial Bella			
7:30 pm - 8.30			Sound Healing Mii / Fern				

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, paddleboards 5% discount on: massages, and at The Shell Lounge				**4,500**	