



August Drop-In Schedule -Summer Special.

Use the pool after class



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 am - 9:00 am		Ashtanga Play Valerie/Chris/Lou		Ashtanga Play Valerie/Chris/Lou			
7:45 am - 8:30 am	Meditation Aliyah	Pranayama Stephanie	Meditation Stephanie	Pranayama Tony	Meditation Mii/ Stephanie	Pranayama Stephanie	
9:30 am - 11:00 am	Dynamic Vinyasa Valerie/Lou	Creative Vinyasa Dana	Dynamic Vinyasa Valerie/Lou	Creative Vinyasa Aliyah	Dynamic Vinyasa Supansa	Complete Flow Lou/Chris	Slow Inner-Strength Flow Tony
9:45 - 11:00	Beginners Yoga Tony	Beginners Yoga Lou/Chris	Beginners Yoga Stephanie	Beginner Yoga Lou/Chris	Beginners Yoga Tony	Beginners Yoga Stephanie	
1.30 pm	Aerial Yoga: Therapeutic Inversions Bella (60 mins)				Inner Alchemy: Embodied Movement and Breathwork Aliyah (75 mins)		
3:00 pm - 4:15 pm	Use of Pool, Steam, Ice, Massages						Hatha Aliyah
4:30 pm - 5:45 pm	Yin/Restorative Lou	Yin/Restorative Jimmy	Yin/Restorative Jimmy	Yin/Restorative Mii/Jimmy	Yin/Restorative Stephanie	Yin/Restorative Stephanie	Tibetan Sound Healing Aliyah
6:15pm - 7:15 pm				Sunset Yin/Yang Aerial Bella			
7:00 pm - 8.00 pm	Sound Bath Meditation Fern		Sound Healing Fern		Yoga Nidra Tony		

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
Breathwork	500 Baht	50% off with Membership	Not included in class pack		Sky Studio
Aerial	500 Baht	50% off with Membership	Not included in class packs.		Aerial
Steam / Ice/ Pool Day Pass	150 Baht	Included in membership			Workshop
Monthly Membership: unlimited yoga, meditation classes and pranayama classes, mini workshops, 50% off aerial yoga/breathwork, use of salt water pool, herbal steam ice bath, paddleboards 5% discount on: massages, and at The Shell Lounge				4,500	