



Tel No. 6536 3390
STUDIO A

TIME	MON 30/01/12	TUES 31/01/12	WED 01/02/12	THURS 02/02/12	FRI 03/02/12	SAT 04/02/12	SUN 05/02/12
11.00 - 12.00	FUSION BHANGRA ROCK	FUSION DANCE ROCK	MELVYN (12:30-1:30)	DANCE INTRO PAVAN (10:00-11:00)	HATHA YOGA (B) VINODH	GENTLE YOGA NIRU (8.15-9.15)	
12.15 - 1.15	CARDIO DANCE ROCK (12.15-1.00)	BOLLYWOOD DANCE ROCK (12:15-1:15)	FREESTYLE DANCE ROCK (1:45-2:45)	BOLLYWOOD DANCE PAVAN (11.00-12.00)	PRENATAL YOGA SABU	SIVANANDA YOGA NIRU (11.00-12.00)	BEGINNERS DANCE PRINCE (11.15-12.15)
1.30 - 2.30	FREESTYLE DANCE ROCK (1.15-2.15)		FUSION BHANGRA ROCK (3:00-4:00)	FUSION DANCE PAVAN (12.15-1.15)	BEGINNERS DANCE PRINCE (3.00-4.00)	ESTHER (12.15-1.15)	BOLLYWOOD DANCE PRINCE (12.15-1.15)
4.00 - 5.00	DANCE INTRO (2:30-3:30) BOLLYWOOD (3:30-4:30) PAVAN	FUSION DANCE PAVAN (4:15-5:15)	BOLLYWOOD DANCE ROCK	YOGALATES II SABU (1.45-2.45)	BOLLYWOOD DANCE PRINCE (4.15-5.15)	BOLLYWOOD DANCE PRINCE (1.30-2.30)	DESI POP (HIP HOP) PRINCE (1.30-2.30)
5.15 - 6.15	FUSION DANCE PAVAN (4.45-5.45PM)	BOLLYWOOD DANCE PAVAN (5:30-6:30)	ASHTANGA LED (M) ADELINE	HATHA YOGA (M) ANANT (5.00-6.00)	FUSION DANCE PRINCE (5.15-6.15)	DESI POP (HIP HOP) PRINCE (2.45-3.45)	BOLLYWOOD DANCE ROCK (2.45-3.45)
6.30 - 7.30	BOLLYWOOD DANCE KUMAR (6.00-7.00)	DANCE INTRO PAVAN	PILATES MATWORK AMANDA	VINYASA YOGA (ADVANCE) GUAT (6.15-7.15)	FUSION BHANGRA ROCK (6.30-7.30)	FUSION DANCE PRINCE (3.45-4.45)	FREESTYLE DANCE ROCK (4.00-5.00)
7.45 - 8.45	YOGA BASIC MAHENDRA (7.15-8.15)	DESI POP (HIP HOP) PRINCE	DANCE INTRO PAVAN	BOLLYWOOD DANCE KUMAR (7.30-8.30)	BOLLYWOOD DANCE ROCK (7.45-8.45)	BOLLYWOOD DANCE PAVAN (5.00-6.00)	FUSION BHANGRA ROCK (5.00-6.00)
9.00 - 10.00	PERFORMANCE BELLY DANCE KUMAR (8.30-9.30)	BOLLYWOOD DANCE PRINCE (8:45-9:45)	BOLLYWOOD DANCE PAVAN (8:45-9:45)	BELLY DANCE KUMAR (8.45-9.45)	FREESTYLE DANCE ROCK (8.45-9.45)	FUSION DANCE PAVAN (6.00-7.00)	YOGA THERAPY RAJESH (6.30-7.30)

No one will be permitted to enter the studio without a ticket or once the class begins

STUDIO B

TIME	MON 30/01/12	TUES 31/01/12	WED 01/02/12	THURS 02/02/12	FRI 03/02/12	SAT 04/02/12	SUN 05/02/12
10.00 - 11.00	BEGINNERS YOGA GUAT (9:30-11:00)	YOGA THERAPY YVETTE (11.15-12.15)	GENTLE YOGA VICKY (9.15-10.15)	INTRO HATHA VINYASA ADELINE (10.00-11.30)	ASHTANGA YOGA GAJU		
12.30 - 1.30	YOGALATES SABU (9:45-10:45) @STUDIO A	VINYASA YOGA (B) YVETTE	GENTLE YOGA SERIES SABU	HATHA YOGA (B) MAHENDRA (12.15-1.00)	HATHA YOGA (B) RAJIB	HATHA YOGA (B) GUAT (9.30-10.30)	HATHA YOGA (B) VICKY (9.00-10.00)
1.45 - 2.45	CARDIO PILATES SABU (12:30-1:30)	HATHA YOGA (B) MAHENDRA	PRANAYAMA & MEDITATION ANANT	SUN SERIES SAMRESH (1.30-2.30)	INTRO ASHTANGA LED ADELINE (1.45-3.15) @ STUDIO C	VINYASA YOGA (ADVANCE) GUAT (10.45-11.45)	HATHA YOGA (M) VICKY (10.15-11.15)
3.00 - 4.00	HATHA YOGA (M) VICKY (2:45-3:45)	HATHA FLOW MAHENDRA	SUN SERIES SAMRESH	PRANAYAMA & MEDITATION NIRU (3:15-5:45)	HATHA YOGA (B) VICKY (2.00-3.00)	HATHA YOGA (INTERMEDIATE) SAMRESH (12.00-1.00)	GENTLE YOGA VICKY (12.15-1.15)
5.15 - 6.15	GENTLE YOGA VICKY (4:00-5:00)	HATHA VINYASA (B) GUAT	HATHA YOGA (M) SAMRESH	HATHA YOGA (B) NIRU (4.45-5.45)	GENTLE YOGA RAJIB (3.15-4.15)	VINYASA YOGA GAJU (1.30-2.30)	PRAGYA YOGA (GENTLE FLOW) SAMRESH (1.30-2.30)
6.30 - 7.30	HATHA YOGA (B) GUAT (5:15-6:15)	ASHTANGA YOGA VICKY (6.15-7.15)	HATHA YOGA (B) SAMRESH (6.45-7:45)	FUSION DANCE KUMAR (6.00-7.00)	YOGA THERAPY RAJIB (4.30-5.30)	YOGA THERAPY RAJIB (2.45-3.45)	HATHA YOGA (INTERMEDIATE) SAMRESH (2.45-3.45)
7.45 - 8.45	POWER YOGA (ADVANCE) GUAT (6:30-7:30)	PRAGYA YOGA (GENTLE FLOW) SAMRESH (7.30-8.30)	ASHTANGA YOGA (B) RAJIB (8.30-9.30)	YOGA THERAPY NIRU (7:15-8:15)	HATHA YOGA (B) SAMRESH (7.00-8.00)	HATHA YOGA (M) RAJIB (4.00-5.00)	HATHA YOGA (B) ISABEL (4.00-5.00)
9.00 - 10.00	HATHA YOGA (B) ANGIE (7:45-8:45)			HATHA YOGA (M) RAJIB (8.30-9.30)		SUN SERIES SAMRESH (5.30-6.30)	YOGA THERAPY AGNES (5.45-6.45)

STUDIO C

TIME	MON 30/01/12	TUES 31/01/12	WED 01/02/12	THURS 02/02/12	FRI 03/02/12	SAT 04/02/12	SUN 05/02/12
7.00 - 8.00	YOGA THERAPY NIRU	HATHA YOGA (B) RAJIB	HATHA YOGA (B) ANGIE	HATHA FLOW MAHENDRA	SUN SALUTATION VICKY		
10.30 - 11.30	GENTLE YOGA GUAT (8:15-9:15)	SOLAR FLOW (M) JO (10:30-12:00)	LUNAR FLOW (M) JO (10.30-12.00)	SOLAR FLOW (M) JO (10:30-12:00)	PILATES MATWORK SABU (10.15-11.15)	GENTLE YOGA RAJIB (12.15-1.15)	HATHA YOGA (B) BETSY (8.15-9.15)
12.15 - 1.15	HATHA YOGA (B) NIRU (12:15-1:15)	YIN YOGA JO (12:15-1:45)	YIN YOGA JO (12.15-1.45)	YIN YOGA JO (12.15-1.45)	YIN YOGA ANATOMY TEACHER TRAINING 3-8 FEBRUARY 2012 (1230-1800HRS)		
3.30 - 4.30	YOGA THERAPY RAJIB (1:45-2:45)	HATHA YOGA (M) RAJIB (2:15-3:15)	HATHA YOGA (B) RAJIB	HATHA YOGA (INTERMEDIATE) SAMRESH (2.45-3.45)			
4.45 - 5.45	ASHTANGA YOGA RAJIB (3:00-4:00)	PILATES MATWORK W STRAPS SABU (3:45-4:45)	POWER YOGA MAHENDRA	HATHA FLOW MAHENDRA (4.00-5.00)			
6.00 - 7.00	ASHTANGA LED (B) ADELINE (5:15-6:15)	SUN SERIES SAMRESH	GENTLE FLOW MAHENDRA	ASHTANGA LED (M) ADELINE (5.15-6.45)			
7.15 - 8.15	YOGA THERAPY RAJIB (7:00-8:00)	HATHA YOGA (B) VICKY	YOGA STRETCH ANANT	HATHA YOGA (B) ADELINE / BETSY (7.00-8.15)	YOGA FOUNDATION GAJU (7.15-8.15)	YOGA FOUNDATION GAJU (6.30-7.30)	
8.30 - 9.30	SIVANANDA YOGA NIRU (8:45-9:45)	GENTLE YOGA ANGIE	YOGA THERAPY RAJIB	ASHTANGA LED (M) ADELINE (8.30-10.00)	BENZ (8.30-9.30)		

STUDIO D

TIME	MON 30/01/12	TUES 31/01/12	WED 01/02/12	THURS 02/02/12	FRI 03/02/12	SAT 04/02/12	SUN 05/02/12
7.15 - 8.15		HOT YOGA SAMRESH	HOT YOGA VICKY	HOT YOGA NIRU	HOT YOGA SAMRESH		
11.00 - 12.00	HOT YOGA SABU (11:00-12:00)	HOT YOGA MAHENDRA	HOT YOGA MAHENDRA	HOT YOGA MAHENDRA	HOT YOGA SABU (11.15-12.15)	HOT FLOW SAMRESH (10.30-11.30)	HOT YOGA NIRU (10.00-11.00)
12.30 - 1.30	HOT YOGA VICKY	HOT YOGA RAJIB	HOT YOGA ANANT	HOT YOGA SABU	HOT YOGA SAMRESH	HOT YOGA MAHENDRA (12.15-1.15)	HOT YOGA NIRU (12.15-1.15)
4.45 - 5.45	HOT YOGA NIRU (3:30-4:30)	HOT YOGA VICKY (5:00-6:00)	HOT YOGA SABU (3:30-4:30)	HOT YOGA RAJIB	HOT YOGA VICKY	HOT YOGA RAJIB (1.45-2.45)	HOT YOGA VICKY (3.30-4.30)
6.15 - 7.15	HOT YOGA MAHENDRA (6:00-7:00)	HOT YOGA ANGIE	HOT YOGA VICKY	HOT YOGA SAMRESH	HOT FLOW GAJU (6.00-7.00)	HOT YOGA GAJU (5.00-6.00)	HOT YOGA SAMRESH (4.45-5.45)
7.30 - 8.30	HOT YOGA NIRU	HOT YOGA RAJIB	HOT HATHA MAHENDRA	HOT YOGA VICKY	HOT YOGA RAJIB	HOT YOGA NIRU (6.30-7.30)	HOT YOGA AMANDA (6.00-7.00)
8.45 - 9.45	HOT YOGA ANGIE	HOT YOGA SAMRESH	HOT YOGA SAMRESH	HOT YOGA ANANT	HOT YOGA NIRU		

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Class Descriptions

Hot Yoga - A series of yoga poses done in a heated room (37-39 degrees celsius). Promotes sweating which help rids the toxins from the body.

Hatha Yoga - The most ancient, complete and popular system of yoga for mental and physical health. Hatha yoga is a science of breathing, a science of purification and synchronization on the physical and mental dimensions. Learn the ancient techniques of asanas (postures), pranayama (breathing), mudras (gestures), bandhas (locks), kriyas (cleansing) for good health, peace, prosperity, longevity and for self- realization.

Beginners' Yoga - A basic and gentle way of practicing yoga, the postures work every part of your body. Stretching and toning the muscles joint. Suitable for beginners.

Gentle Yoga - A gentle yet energetic way to destress and revitalize your body and mind. Suitable for complete beginners.

Yoga Basic - Perfect for those who are completely new to yoga, this class takes you through all the fundamentals of a yoga practice. Learn how to move freely into yoga poses with the basics of yoga 101 - from standing, to sitting, to lying down - this class explains all the basic movements of the body in yoga postures. Simple breathing and relaxation techniques are also introduced.

Yoga Stretch - A new concept where we can uses all postures to stretches for ourselves. Its unique technique for creating flexibility, muscles toning, losing joints and for relaxation. Its for beginners to advance.

Yoga Therapy - A therapeutic aspect of Yoga. Good for all levels. Especially those with sport injuries and any health problems like stress, high blood pressure, back and neck pain, asthma, gastric troubles, constipation etc.

Ethnic Yoga - It's the purest form of Traditional Indian Yoga. The concept originated from the Great Indian - Rishi Aurobindo. It's a combination of Pranayama (breathing techniques), Asanas (postures) and Dhyana (meditation).

Lila Yoga - A traditional form of yoga. Rhythmic flow with combination of basic postures. Excellent way to improve flexibility and attain the relaxation of mind and body. Good for all levels.

Yogalates - A complete and comprehensive fusion of yoga and Pilates. It is a movement system that stretches and strengthens all major muscle groups developing a streamlined slenderness rather than bulk. This promotes "core stability" which enhances spinal/pelvic awareness protecting the spine against injury whilst supporting the internal organs and promoting good posture.

Pragya Yoga (Gentle Flow) - It comprises of a sequential range of 16 postures including the standing forward bend, cobra pose, chair pose among others. Coupled with deep breathing techniques, this simple form of yoga can be easily practised by anyone.

Pranayama & Meditation - Great breathing techniques to help relax your mind and body. A great way to increase energy & relieve stress & tension.

Sun Salutation Series- A great way to start the day. 1 to 5 series (Beginners to Advance). Exclusive to True Yoga. You will be less tired, lazy or sleepy during work. The Sun Salutation can be enjoyed by all ages. This improves the elasticity of the skin, muscles, relieves stiffness in the joints, relieves pain and increases mental strength. Consist of Sun Salutations and other asanas (postures) for a bright, balanced, flexible and energetic day!

Pilates Matwork - Pilates teaches balance and control of the body. It improves one's posture and balance. It also helps to increase one's strength and flexibility, particularly of the abdomen and back muscles.

Yin Yoga - A quiet yet profound style of yoga based on the expression of theories derived from Chinese Medicine and Taoism. Yin Yoga uses long-held relaxed floor postures to stretch and stimulate the deep connective "Yin" tissues of the body. Accessible to practitioners of any tradition and any experience level, this practice strengthens chi flow and maintains the health of the meridian system of the body, and is the ideal complement to dynamic, muscular or "Yang" forms of yoga.

Ashtanga Led - The system of Yoga taught by Sri K. Pattabhi Jois in Mysore, India. This method of Yoga involves synchronizing the breath with a set sequence of postures—a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind. **60 mins** - Featuring postures from the first half of the primary series as well as the finishing set of postures. It is a dynamic and vigorous practice that focuses on maintaining the awareness of flow which links breath and movement. Beginners and experienced students are welcome. **75 mins** - The first half of the Primary Series taught up to Navasana, followed by the finishing set of postures. **90 mins** - The Primary Series taught in its traditional sequence. It includes sun salutations, standing, seated and inverted poses. Endurance and a graceful flow are developed as asanas are weaved through vinyasas. Previous Ashtanga yoga experience strongly recommended. Not suitable for beginners.

Ashtanga Yoga - a unique system of yoga that emphasizes proper diet, effective asanas (postures), pranayama (breathing), mudras & bandhas (gestures & locks), dharana (concentration) & dhyana (meditation) to detox, destress and increase your vitality.

Power Yoga - Intensive flow of postures and powerful breathing techniques for the ultimate combination of strength and suppleness.

Solar Flow - is a dynamic, revitalising and strengthening practice with the invigorating energy of the sun. Likened to a dynamic dance, postures or asanas are connected through the breath for a transformative and balancing effect. This class activates "tapas" ~ transformational heat in the body, burning away that which obscures being.

Vinyasa Yoga - A powerful series of flowing and jumping movements. For the practitioner looking for a more challenging workout. Great for cardiovascular system and builds strength and endurance. Helps detox, balances hormones, reduce weight.

Lunar Flow - A complement to the Solar Flow Yoga (sun) practice, Lunar Flow Yoga (moon) is a sequential flowing practice that honours our receptive nature. Lunar refers to the calming, slower-paced, internal poses that are appropriate for any time of day—especially when you are seeking a soothing, rejuvenative practice. It brings about inner reflection and restores equanimity and peace to the bodymind. An excellent practice for those seeking a gentle flow to their yoga practice.

Pre-Natal Yoga - For pregnant woman in their fourth to eight month of pregnancy. To improve general flexibility and to strengthen the pelvic muscles.

Belly Dance - is the oldest form of dance having roots in all ancient cultures from the Orient to India to the Middle East . Our Belly Dance, is an updated form of the original Belly Dance, which incorporates more calculated and sensuous body coordination. It often focuses upon isolating different parts of the body, moving them independently in sensuous patterns. The class is perfect for any age group or interest level, using all of the body's muscle groups and enhancing the dancer's flexibility, isolation, confidence, creativity and sense of rhythm.

Bollywood Dance - A vibrant and entertaining dance! Come and join the rhythm of joy that introduces you to the blissful nature of Indian Bollywood Dance

Fusion Dance - A powerful combination of cardio vascular exercises with fun filled dance moves. Suitable for everybody . In Series 1 , 2 and 3.

Desi POP - In a blend of cultures, True Yoga's Desi POP class provides a whole body workout while combining the sensuous and graceful movements of Indian Dance with the adrenaline of modern hip hop. Desi POP is suitable for Beginners.

Zumba Fitness - It's a dance fitness program inspired by South American dance styles. The program combines international music with dance to make exercise fun. These exercises include music with fast and slow rhythms and resistance training for fitness and losing weight. The music comes from the following dance styles : Cumbia, Salsa, Merengue, Mambo, Flamenco, ChaChaCha, Reggaeton, Samba, Belly Dance, Bhangra, Hip Hop and Tango.

Beginners (B) - For those who want to know what yoga is and for a basic understanding of Asana (posture), Pranayama (breathing) and Shavasana (relaxation). A complete exercise for body and mind.

Multi-level (M) - A general but powerful yoga class for students of all levels.

Intermediate (I) - An intensive, dynamic and complete yoga training for cardio, strength, flexibility, balance, co-ordination and deep relaxation.

Advance (A) - A unique & complete scientific approach of yoga that includes Asana (postures), Pranayama (breathing), Mudra (gestures), Bandha (locks) and Dhyana (Meditation) **for regular members only. This class is not for Beginners.**

Dear Valued Members :

- > Please arrive 10 mins before class
- > Classes or instructors might change without prior notice
- > No one will be permitted to enter the studio without a ticket or once the class begins

INSTRUCTOR ON LEAVE
VINODH IS ON LEAVE FROM 27/01/12 - 12/02/12