

YOGA WORLD YOGA CLASS SCHEDULE

25 AUGUST 2019

1. BRING YOUR OWN YOGA MAT TO ATTEND ALL CLASSES
2. ALL YOGA CLASSES ARE COMPLEMENTARY FOR ALL YOGA WORLD CHAMPIONSHIP PARTICIPANTS

Classroom name		Yoga Class Room 1 Neythal Hall			Yoga Room 2 Marudham Hall Championship		Yoga Class Room 3 Paalai Hall			Yoga Class Room 4 Kunrinji Hall			Yoga Room 5 Mullai Hall Championship	
Class Room location		Ground Floor			Ground Floor (Male)		Ground Floor			2nd Floor			Ground Floor (Female)	
Date	Day	Time	Description	Teacher	Time	Description	Time	Description	Teacher	Time	Description	Teacher	Time	Description
25-Aug	Sun	07:15 - 08:15 BREAKFAST												
		08:45-10:00	LILA YOGA < ALIGN PRANA IN YOUR BODY & BREATH >	ERICA	07:30-08:00	PARTICIPANT REPORTING TIME	08:35-10:00	POWER YOGA - I	KUMARAN	08:30 - 09:45	YUVAA YOGA (HATHA)	DR TA KRISHNAN & DR YUVA DAYALAN	07:30-08:00	REPORTING TIME
		10:15 - 12:00	ASTHANGA YOGA <PRIMARY SERIES>	VIJAY RAMPAL	08:00 ~ 08:15	OFFICIAL REPORTING	10:30-12:30	SOMATIC YOGA	BRIAN SIDDHARTHA INGLE	10:00 - 12:00	PAPER PRESENTATION		08:00 ~ 08:15	OFFICIAL REPORTING
					08:00 ~ 12:30	ARTISTIC YOGA SINGLE							08:00 ~ 12:30	ARTISTIC YOGA PAIR
		12:30 - 13:30 LUNCH												
		13:50 -15:05	TRADITIONAL HATHA YOGA	DR NIRANJANA MURTHY	14:00 -17:00	ARTISTIC YOGA SINGLE	13:50-15:05	YOGA MUDRAS	UMA MAHESHWARI	14:00-15:30			14:00 -17:00	RHYTHMIC YOGA PAIR
		15:15-16:15	MAHAYOGAM	RAGHAVENDRAN			15:15-16:15	YIN YOGA	YOGARAJ CP	16:00-18:00				
		16:15-16:45	TEA BREAK				16:15-16:45	TEA BREAK		16:15-16:45	TEA BREAK			
		A SPECIAL CLASS (TO BE ANNOUNCED ON SPOT SUBJECT TO CLASS ROOM AND TIME PERMITTED)												
		18:00 - 20:00	YOGA WORLD CHAMPIONSHIP PRIZE DISTRIBUTION											
		19:00-20:00	DINNER < IS ON OWN >											

SEE EVERYONE NEXT YEAR - THANK YOU FOR YOUR SUPPORT