



WEEKLY
PROGRAM

MONDAY

- 11:30-13:00 Yoga Philosophy & Introduction Flow
- 15:30-17:00 Sound Healing & Mantra Meditation

TUESDAY

- 11:30-13:00 Yoga - Earth Element & Vibrational Healing
- 15:30-17:00 Pranayama (Breathwork) & OM Chanting

WEDNESDAY

- 11:30-13:00 Yoga - Fire Element & Suryanamaskar (Sun Salutation)
- 15:30-17:00 Sound Healing & Mantra Meditation

THURSDAY

- 11:30-13:00 Yoga - Air Element & Ether Breath Work
- 15:30-17:00 Pranayama (Breathwork) & OM Chanting

FRIDAY

- 11:30-13:00 Yoga - Water Element & Chakra Activation
- 15:30-17:00 Sound Healing

