

KALAW YOGA

at Sprouting Seeds Cafe

JULY 2018 SCHEDULE

SUN	MON	TUES	WED	THURS	FRI	SAT
8:30 - 9:45am Vinyasa	—	8:30 - 9:45am Vinyasa	—	8:30 - 9:45am Hatha Flow	—	8:30 - 9:45am Hatha Flow
—	—	5 - 6:30pm Hatha to Yin	—	5 - 6:30pm Hatha to Yin	5 - 6:30pm Hatha to Yin	5 - 6:30pm Hatha to Yin

6000 kyat/class * All levels welcome!

Class Descriptions

Vinyasa Flow

A centering, energizing flow designed to create space, strength and flexibility through flowing movement linked with the breath.

Energizing Hatha

Similar to Vinyasa Flow but with fewer chaturangas! Classes often focus on a specific energetic or anatomy-based theme. May also incorporate pranayama, mudras and kriyas.

Hatha to Yin

45 minutes of a heat-building vinyasa flow, followed by 45 minutes of yin yoga, where each pose is held for 3-5 minutes to deeply stretch muscles and fascia and offering decadent relaxation for body and mind.

To register, message us at:

www.facebook.com/sproutingseedscafe

Instagram: @sproutingseeds.kalaw

Whatsapp: +95 97786 26766 / Text: 097786 26766

Walk-ins welcome as space allows / Contact us for private bookings