



BORACAY YOGA

Class Schedule October, 2011
October, 2011 at Patio Pacific, Boat St 1

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
9:30am	Hatha w/Markus	Hatha w/Markus	Hatha w/Markus	Hatha w/Markus	Hatha w/Markus	Hatha w/Markus	Hatha w/Mo- ching
			9am, Slow flow w/Margaux		9am, Slow flow w/Margaux		
Please reserve by calling your teacher: Markus: +639156761312, Mo-ching +639176249942 Margaux +639088607100							

	Mon	Tues	Wed	Thurs	Fri	Sat
7:00- 9:00am	Self Practice Ashtanga at Patio Pacific, p50 room fee, please reserve w/ Mo-ching +639176249942.					

Hatha Yoga: Focus on breathing, strengthening and stretching, good for all levels, beginners welcome.

Slow flow Yoga: Slow vinyasa stretches with music, Good for low back tension, strengthen legs, opens hips and shoulders, all levels welcome, class inside room. See poster.

Class Duration: Regular led classes are 1.5 hours long.

Class Prices: Visitor rate is P400. Locals please ask teachers for our special local rate.

Private Classes: Privates with any of our experienced teachers are available at our Patio Pacific Studio or at your resort upon request. Please ask our teachers below for more details.

Ashtanga Vinyasa Teacher Training, May, 2012, 200hr certified by Yoga Alliance, Please visit www.boracayyoga.org

Contact Us:

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www.boracayyoga.org

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