



ASHTANGA YOGA

long island

Schedule of classes

| | sun | mon | tue | wed | thu | fri | sat |
|---------|---------|----------|--------------|--------------|--------------|--------------|--------------|
| morning | 6:00am | | | | | | |
| | 7:00am | * Mysore | Full Primary | * Mysore | Half Primary | * Mysore | Half Primary |
| | 9:00am | | Intro to AVY | | | | Intro to AVY |
| | 11:00am | | | | | | |
| evening | 4:00pm | | | | | | |
| | 5:00pm | | * Mysore | Half Primary | * Mysore | Half Primary | * Mysore |
| | 7:00pm | | | Half Primary | | Full Primary | |
| | 9:00pm | | | | | | |

* Mysore classes will be replaced with led classes on moon days.
Check our website for more information.

Duration of led classes

Intro to Yoga 1:15 min

Half Primary 1:30 min

Full Primary 1:45 min

www.AshtangaYogaLongIsland.com