



Yama Yoga

Hot Yoga & Pilates Studio

Flexibility is not required. It is just one of the benefits of yoga. All levels of fitness are welcome.

- Strengthens & tones muscles
- Calms the mind, reduces stress & anxiety
- Build fitness, stamina & endurance
- Improves body awareness & postural strength
- Strengthens to core for spine stability

Bookings: 072 455 6442 / info@yamayoga.co.za / 4 Bella Rosa Street, Rosenpark, Bellville

Please see below yoga schedule (Please note it is subject to change)

TIMES	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
	HOT ROOM	YOGALATES ROOM	HOT ROOM	YOGALATES ROOM	HOT ROOM	YOGALATES ROOM	HOT ROOM	YOGALATES ROOM	HOT ROOM	YOGALATES ROOM	HOT ROOM
6.00-7.00	BIKRAM 60				BIKRAM 60						
6.30-7.30							VINYASA FLOW				
8.00-9.30			BIKRAM 90					PILATES			
8.30-9.30/10		PILATES		VINYASA FLOW						PILATES	BIKRAM 90
9.00-10.00					HOT PILATES						
10-11/11.30							YAMAYOGA INTRO			HATHA W/ lyengar Alignment	
1.00-2.00									YAMAYOGA SPORTS		
4.00-5.00	HOT PILATES					PILATES					
4.30-5.30/6		VINYASA FLOW	BIKRAM 90		BIKRAM 90		BIKRAM 90				
5.30-6.30/7	BIKRAM 90					VINYASA FLOW					
6.00-7.00		YAMAYOGA INTRO		GENTLE VINYASA				GENTLE VINYASA			
6.15-7.15			BIKRAM 60		YAMAYOGA SPORTS		VINYASA FLOW				

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Schedule subject to change. Please visit www.facebook.com/yamayoga for the daily teacher schedule

