



Mary's Yoga

www.yoga-in-cardiff.co.uk

Sample Yoga Class

7.20pm to 7.30pm	Students arrive, prepare
7.30pm to 7.40pm	Warm-up
7.40pm to 8.45pm	Asana (posture work)
8.45pm to 9.00pm	Relaxation
9.00pm to 9.20pm	Pranayama (breathing)
9.20pm to 9.30pm	Meditation, chanting, philosophy