



Mary's Yoga

www.yoga-in-cardiff.co.uk

Sample Yoga Day Class

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| 9.50am to 10.00am | Students arrive, prepare |
| 10.00am to 10.20am | Warm-up |
| 10.20am to 12.30pm | Asana (posture work) |
| 12.30pm to 12.50pm | Relaxation |
| 12.50pm to 1.30pm | Lunch |
| 1.30pm to 3.00pm | Pranayama (breathing) and Meditation |
| 3.00pm to 3.30pm | Meditation, chanting, philosophy |
| 3.30pm to 4.00pm | Tea and close |