



Mary's Yoga

www.yoga-in-cardiff.co.uk

Sample Yoga Day Class

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