

AUGUST

Lundi/Monday 15	Mardi/Tuesday 16	Mercredi/Wednesday 17	Jeudi/Thursday 18	Vendredi/Friday 19	Samedi/Saturday 20	Dimanche/Sunday 21
Summer Yoga MyungAh						
	7:00 - 8:00 Temple Self-care Practice*	7:00 - 8:00 Temple Self-care Practice*	7:00 - 8:00 Temple Self-care Practice*	7:00 - 8:00 Temple Self-care Practice*	8:00 - 9:00 Temple Self-care Practice*	8:00 - 9:00 Temple Self-care Practice*
	9:30 - 10:45 Gentle Hatha Yoga Lily	9:30 - 11:15 Mysore/Intro Ashtanga	9:30 - 10:45 Gentle Hatha Yoga Lily		9:30 - 11:00 Ashtanga Yoga	
					10:00 - 11:30 Ashtanga Yoga	
	18:30 - 19:30 Ashtanga Beginners		18:30 - 19:30 Ashtanga Beginners			
Lundi/Monday 22	Mardi/Tuesday 23	Mercredi/Wednesday 24	Jeudi/Thursday 25	Vendredi/Friday 26	Samedi/Saturday 27	Dimanche/Sunday 28
Summer Yoga MyungAh						
7:00 - 8:00 Temple Self-care Practice*	7:00 - 8:00 Temple Self-care Practice*	7:00 - 8:00 Temple Self-care Practice*	7:00 - 8:00 Temple Self-care Practice*			
9:30 - 11:15 Mysore/Intro Ashtanga	9:30 - 10:45 Gentle Hatha Yoga	9:30 - 11:15 Mysore/Intro Ashtanga	9:30 - 10:45 Gentle Hatha Yoga			
	18:30 - 19:30 Ashtanga Beginners		18:30 - 19:30 Ashtanga Beginners			

* available through live streaming

Myungah contact : 07 49 99 94 14 , nadiakang@gmail.com

Please book at least 2 hours in advance