

PHYSICAL CLASS SCHEDULE



Effective from 03 June 2024 樂活實體課時間表

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8.30 - 9.30 AM		VINYASA (B) JOOK YIE		VINYASA (B) JOOK YIE			
8.30 - 9.45 AM	FLOW (B) CAREN		IYENGAR (B) MEI		FLOW (B) CAREN	IYENGAR (B) MEI	ASHTANGA (A) KEN YANG
10.15 - 11.15 AM						HEALING YOGA (B) 匯芝	DEEP STRETCH (B) KEN YANG
6.45 - 8 PM		IYENGAR (B) MEI	MINDFULNESS YIN YOGA (B) 匯芝	IYENGAR (B) MEI	RESTORATIVE/ YOGA NIDRA (B) 匯芝		

B = Beginner I = Intermediate A = Advance

當踏入樂活，瑜伽練習便已開始，為了讓你及他人享受美好體驗，請大家共同配合：

YOGA PRACTICE COURSE STARTS AS SOON AS YOU STEP IN SIMPLYLIFE YOGA STUDIO.
IN ORDER TO LET YOU AND EVERYONE TO ACQUIRE A UNIQUE AND WONDERFUL EXPERIENCE,
WE WOULD APPRECIATE YOUR COOPERATION ON THE FOLLOWINGS:

樂活實體課注意事項：

01. 透過**WHATSAPP**匯芝**012-6742964**預約課程，不接受**WALK IN**。
02. 請開課前5分鐘進入課室，並保持安靜等候上課。
03. 館內需保持安靜，避免喧嘩影響課程進行及其他人的冥想調整。
04. 為尊重其他學員及避免運動傷害，遲到者超過15分鐘不得進入課室。手機及個人物品不允許帶進課室，特殊狀況者另行通知導師。
05. 上課前2小時請勿進食，保持空腹狀態。流質食物可以接受。
06. 請確認自己身體狀況良好，若身體有任何疾病、發燒、舊傷、不適、懷孕、受傷病史或生理期等，上課前請告知瑜伽導師，以便導師在適當時機調整或指導你以替代姿勢學習，避免過度練習。
07. 館內全面禁菸。
08. 鼓勵網絡交易、刷卡方式付費。

NOTES FOR SIMPLYLIFE YOGA EXPERIENTIAL PHYSICAL COURSE:

01. Course reservations are available through Whatsapp Only - HuiZhi 012-6742964, WALK IN is not accepted.
02. Please enter the classroom 5 minutes before the start of the class and remain silence while waiting for the class to commence.
03. It is necessary to maintain the tranquility and stillness in the hall. We avoid noise which will affect the progress of the course and others' meditation.
04. We respect all students' present and avoid sports injuries, latecomers more than 15 minutes shall not enter the hall. Mobile phones and personal belongings are not allowed in the classroom. In the case of special circumstances, please notified the instructor in advance.
05. Avoid eating 2 hours before class. Keep your stomach empty. Liquid food is acceptable.
06. Make sure that you are physically fit. In the case of having any disease, fever, old injury, discomfort, pregnancy, injury history menstrual period, etc., please inform the yoga instructor before class so that the instructor could make necessary adjustment or guide you accordingly without over-practicing.
07. Smoking is prohibited throughout the premise.
08. We prefer online transactions and payment by card.