

August Class and Workshop Timetable

Holistic Yoga Centre for your body and brain!

Vitality	Tai-Chi / Ki-gong	Stretching	Tai-Chi / Ki-gong	Vibration		
Mon	Tue	Wed	Thur	Fri	Sat	Sun
10.00 – 11.00am 6.30 – 7.30pm 8.20 – 9.20pm	6.30 – 7.30pm 8.10 – 9.30pm (adv)	10.00 – 11.00am 6.30 – 7.30pm 8.20 – 9.20pm	10.00 – 11.00am	10.00 – 11.00am 6.30 – 7.30pm 8.20 – 9.20pm	Open Classes vary each weekend. Please see class times below in orange. Advanced workshops are in yellow boxes.	
2	3	4	5 Beginners Workshop: Introduction to HSP 10.00 – 12.00pm OR 7.00 – 9.00pm	6	7 11.00am	8 Initial Awakening Epsom Centre 9.00 – 6.00pm
9	10	11	12 Shimsung Preparation Training 7.00 – 9.00pm	13 Special Class Hot stone class	14 Special Class Beginners Class 11.00 – 1.00pm	15 11.00am
16	17	18	19 Beginners Workshop: Gae Hyul Training 7.00 – 9.00pm	20	21 Shimsung Epsom Centre 1.00 – 7.30pm	22 Shimsung Epsom Centre 9.00 – 8.30pm
23	24	25	26 Brain Wave Vibration Special Training 7.00 – 9.00pm	27	28 11.00am Shimsung Post training 1.00 – 4.00pm	29 11.00am
30 Special Class Hot stone class	31	1	2	September Workshops: Initial Awakening: 5 th September Chunhwa Shimsung: 12 th September Healing Chakra workshop: 19 th September		