



YOGA THERAPY & MEDITATION



SAHANRO AYURVEDIC & YOGA CENTRE



Spring 2013
INSTRUCTORS
Surya Vedant
Maryane Clemente

Period/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15 AM	Beginners	Power Yoga	Individual	Individual		Power Yoga	
9:00 AM						Beginners	
10:00 AM							
12 Noon							
6.30 PM		Beginners					
7.00 PM			Pre-Natal	Pre-Natal			
8.30 PM							

Only Boutique Ayurvedic Clinic
with hand crafted therapy tables
in medicinal wood for the best
treatments.

Full Body Abhyanga with
Medicated oil, Shirodhara-Warm
medicated oil pouring to the
third eye chakra, Kizhi-Steamed
herbal pouch therapy, Herbal
steam and many more.

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