



Embassy of India
Reykjavik

YOGA CLASSES (Revised)

By Indian Yoga Teacher - Mr. C.G. SHINDE

AT TUNGATA-7, 101 REYKJAVIK

Learn about the Principles, Philosophy and Science of Yoga

MONDAY TO FRIDAY

Class Level	Day	Timings	Content
Ashtanga	Monday	07:00-08:00 hrs	Primary Level
		17:00-18:00 hrs	Intermediate Level
Intermediate	Tuesday	07:00-08:00 hrs	Level-I Kriya, Asana, Pranayama & Meditation
		17:00-18:00 hrs	
Therapy	Wednesday	07:00-08:00 hrs	Modified and applied yoga practices Kriya, Asana, Pranayama, Meditation
		16:30-17:30 hrs	
		17:45-18:45 pm	
Hatha Yoga /Adv.	Thursday	07:00-08:00 hrs	Level-I Kriya, Asana, Pranayama, Bandha & Mudra
		17:00-18:00 hrs	
Beginner	Friday	07:00-08:00 hrs	Basic Yoga
		16:30-17:30 hrs	Basic Yoga
		17:45-18:45 pm	Basic Yoga

The Yoga Practitioner can consult the Teacher on the placement level

Every 2nd and 4th Wednesday, a discussion on the theoretical basis of Yoga including philosophy, anatomy, physiology of Yoga and question - answer session will be conducted from 17:00 -18:00 hrs. in lieu of regular classes.

Hindi and Sanskrit language classes will be held from 07:00 - 08:00 hrs.

Please register to join the class: E-mail- sosec.reykjavik@mea.gov.in

Classes are presently conducted free of charge.