



# Yoga Timetable 2011

42 Morsim Road, Hyde Park, (2 blocks down from Hyde Park Mall)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30AM - 9:45AM		Progressive Intermediate and Intermediate yoga with Swami Kamalavidya with Swami Kamalavidya				Haven ( Fire Cereomany) at The Yoga School Hyde Park ONLY on the 1st Saturday of each month. Thereafter they will be held in Parktown at 'Childline'- see details below
09:00 - 10:30					Progressive Intermediate and Intermediate yoga with Swami Kamalavidya	<b>Childline' and 'Sunlight Safe House' Parktown</b> 10AM to 2PM Join us in Serving, Loving and Giving through KarmaYoga 10AM to 11AM Haven(fire ceremony) 11AM to 1PM Yoga capsule, Nada Yoga (sound) Kirtan(singing) Dancing 1PM to 2PM Lunch Please join us for lunch and help in serving the children
10:00 - 11:30			Intermediate and Progressive Intermediate yoga with Swami Kamalavidya			
10:30-12:30		Discourses on Bhagvad Gita (DVD's and CD's) At Meeta Sargar's house - Houghton				
18:00-18:45	Surya Namaskar (greeting the Sun) with Matsyendrasanas (spinal twists) Sadhana – Beginners with Swami Kamalavidya					
18:00-19:15		Intermediate and Progressive Intermediate yoga with Swami Kamalavidya	Beginners yoga class with Kamalavidya			



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