



Jump-Start Your Day with Energising Yoga Practice and Yogic Diet

Join our invigorating yoga practice that is suitable for all levels. We will start off with proper breathing and gentle movements to warm up the spine and joints of the body.



# Master Yoga

Mastering Your Own Mind



**First Class FREE!**

## Schedule 2019

	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
09:30AM		Master Yoga -YT -Jeya Siva-		Kriya Yoga -YK -Jeya Siva-	Hatha Yoga -YB -Ravi Rasiah-	Hatha Yoga -YB -Ravi Rasiah-
04:00PM						Teen Yoga -Jeya Siva-
05:00PM					Kriya Yoga -YK -Jeya Siva-	
05:30PM						Hatha Yoga -YT -Jeya Siva-
06:30PM					Kids Yoga -Jeya Siva-	
07:00PM	Hatha Yoga -YT -Jeya Siva-	Hatha Yoga -YM -Ravi Rasiah-	Kriya Yoga -YK -Jeya Siva-	Kriya Yoga -YK -Ravi Rasiah-		 Dilani Bala
08:15PM		Hatha Yoga -YB -Dilani Bala-		Meditation -YB -Dilani Bala-	 Jeya Siva	 Ravi Rasiah

for more information,  
please check:

[www.masteryoga.ca](http://www.masteryoga.ca)



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YB -Yoga Beginners  
YK -Yoga Kundalini  
YT -Yoga Traditional  
YM -Yoga Mixed

**\$60 Per Month**

Yoga Poses (Asanas) \* Breathing Practices (Pranayamam) \* Meditation (Dhyanam) \* Relaxation  
Kriyas (Cleansing processes) \* Bandhas (body locks) \* Chakaras (Energy Centers) \* Sun/Moon Salutation  
Yoga Teacher Training \* Yoga Workshops \* Yoga Therapy \* Siddha Marma Massage

**MASTER YOGA**  
850 Tapscott Road, Unit 4  
Scarborough, ON, M1X 1N4  
(Tapscott & Mcnicoll)



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