



### **Hatha Yoga**

**Schedule:** Every Monday at 17:00-18:00

**Style:** Hatha

**Venue:** OUE Bayfront, Singapore 049321

**Description:** Try our Hatha Yoga classes to improve your flexibility and lose weight. Our students have experienced lower stress levels, increased energy, better concentration and a happier self with our yoga classes! Beginners and regulars are all welcome!

**Duration:** 60 mins hatha yoga class

**Charges:** S\$20 for trial

**To book or make an enquiry about this:**

**Telephone:** +6591081799

**Email:** [vanda@vandayoga.com](mailto:vanda@vandayoga.com)

### **Prenatal Yoga**

**Schedule:**

Every Saturday at 10:00-11:00 or 11:00-12:00,

Every Thursday 19:00-20:00

**Style:** Prenatal

**Venue:** China Square Central,, Singapore 048423

**Description:** Enjoy an easier pregnancy and childbirth with an experienced, fun and certified instructor at a central location! Our Prenatal Yoga classes help mothers-to-be create open and grounded spaces to prepare themselves and their bodies for labour.

**Duration:** 60 mins prenatal yoga class

**Charges:** S\$30 for trial

**To book or make an enquiry about this:**

**Telephone:** +6591081799

**Email:** [vanda@vandayoga.com](mailto:vanda@vandayoga.com)

### **Prenatal Yoga**

**Schedule:** Every Sunday at 17:30-18:30

**Style:** Prenatal

**Venue:** Serangoon Road near NEL Boon Keng MRT.

**Description:** Enjoy an easier pregnancy and childbirth with an experienced, fun and certified instructor! Our Prenatal Yoga classes help mothers-to-be create open and grounded spaces to prepare themselves and their bodies for labour.

**Duration:** 60 mins prenatal yoga class

**Charges:** S\$35 for trial

**To book or make an enquiry about this:**

**Telephone:** +6591081799

**Email:** [vanda@vandayoga.com](mailto:vanda@vandayoga.com)