



To book or make an enquiry:

Telephone: +6591081799

Email: vanda@vandayoga.com

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

Prenatal Yoga

Schedule:

Every Saturday at 10:00-11:00 or 11:00-12:00,
Every Tuesday at 19:00-20:00

Style: Prenatal

Venue: Tanjong Pagar, near Tanjong Pagar MRT

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

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 at a location within walking distance from subway! 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