



SOMATHEERAM AYURVEDIC HOSPITAL & YOGA CENTRE

YOGA & MEDITATION CLASS TIMING

Yoga Hall - I

06:30 AM to 07:30 AM	Pranayama & Meditation
07:30 AM to 09:00 AM	Advanced Yoga
11:15 AM to 12:45 PM	Intermediate Yoga
03:30 PM to 05:00 PM	Intermediate Yoga

Yoga Hall - II

10:00 AM to 10:45 AM	Chakra Meditation
11:15 AM to 12:30 PM	Beginner's Yoga
03:30 PM to 04:45 PM	Beginner's Yoga
04:45 PM to 05:30 PM	Pranayama & Meditation

Note: *Please contact reception for private lessons.*