

# January

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
<p>*Special workshop of Ashtanga Yoga will be held on January 26th. The Workshop fee is same as usual, you can use a regular ticket.</p>				10:30-11:45 Breathing & Asana (Kaori)	14:30-15:45 Basic Yoga(Asako)	10:30-11:45 ALL Level(Tomoe)  14:00-15:15 Basic Yoga(Tomoe)
4	5	6	7	8	9	10
10:00-11:00 Online Yoga (Paul & Tomoe)	14:30-16:20 Ashtanga Yoga Mysore(Asako)		19:00-20:30 Bujinkan(Paul)	10:30-11:45 Breathing & Asana (Kaori)	14:30-15:45 Basic Yoga(Asako)	10:30-11:45 ALL Level(Tomoe)  14:00-15:15 Basic Yoga(Tomoe)
11	12	13	14	15	16	17
10:00-11:00 Online Yoga (Paul & Tomoe)	14:30-16:20 Ashtanga Yoga Mysore(Asako)		19:00-20:30 Bujinkan(Paul)	10:30-11:45 Breathing & Asana (Kaori)	14:30-15:45 Basic Yoga(Asako)	10:30-11:45 ALL Level(Tomoe)  14:00-15:15 Basic Yoga(Tomoe)
18	19	20	21	22	23	24
10:00-11:00 Online Yoga (Paul & Tomoe)	14:30-16:20 Ashtanga Yoga Mysore(Asako)		19:00-20:30 Bujinkan(Paul)	10:30-11:45 Breathing & Asana (Kaori)	14:30-15:45 Basic Yoga(Asako)	10:30-11:45 ALL Level(Tomoe)  14:00-15:15 Basic Yoga(Tomoe)
25	26	27	28	29	30	31
10:00-11:00 Online Yoga (Paul & Tomoe)	14:30-16:20 Ashtanga Yoga Special Workshop (Asako)		19:00-20:30 Bujinkan(Paul)	10:30-11:45 Breathing & Asana (Kaori)	14:30-15:45 Basic Yoga(Asako)	10:30-11:45 ALL Level(Tomoe)  14:00-15:15 Basic Yoga(Tomoe)