

**Schedule for Yoga classes in Consulate General of India
St. Petersburg**

Days and time	Monday	Tuesday	Wednesday	Thursday	Friday
07.30 am to 08.30 am	Advanced Hatha Yoga class	Intermediate Hatha Yoga class	Advanced Hatha Yoga class	Intermediate Hatha Yoga class	Advanced Hatha Yoga class
09.30 am to 10.30 am	Advanced Hatha Yoga class	Intermediate Hatha Yoga class	Advanced Hatha Yoga class	Intermediate Hatha Yoga class	Advanced Hatha Yoga class
10.30 am to 11.30 am	Pranayama and Meditation	Pranayama and Meditation	Pranayama and Meditation	Pranayama and Meditation	Pranayama and Meditation

Important note:

Please come on the time

Bring your tissue/ towel/ napkin and water bottle

Yoga mats are available but for your personal hygiene, please bring your own Yoga mat or cover

Keep your bags, belongings in changing room, cell phone are not allowed in the Yoga class

Consulate General will not be responsible for any lost of belongings

You are most welcome for any other valuable suggestions