



瑜伽之光北投館 Light of Yoga @ Beitou

5/1-6/30 課程表 Class Timetable

現在就預約

Book Now



網站Website: www.lightofyoga.life

	週一 (MON)	週二 (TUE)	週三 (WED)	週四 (THU)	週五 (FRI)	週六 (SAT)	週日 (SUN)
8:30							5/12, 6/2 10am-12pm 工作坊 Workshop
9:30	長者瑜伽 Seniors Tony (IP)	初學者 Beginners Zen (IP)	9:00 長者瑜伽 Seniors Sami (IP)(MO)		10:30 基礎+修復 Combo 陳淑麗 (IP) (MO) 90分/mins		10:30 基礎+修復 Combo Tony/Jasmine (IP) 90分/mins
11:00	椅子應用 Chairs Doris (HB)	壁繩應用 Yoga Kurunta Zen (IP)	肩頸背部照護 Back Care (HB) (MO) Sami	基礎 Foundation 詠筑 (HB)		10:30 動態 Dynamic Tony (HB)	
14:00	13:00 初學者 Beginners Zen (IP)	13:00 初階 Introductory 詠筑 (HB) 90分/mins	5/29 進階 Advanced Becky (HB) 19:00-21:00	初階 Introductory 詠筑 (IP) 90分/mins		中階 Intermediate Tony (HB) 90分/mins	壁繩應用 Yoga Kurunta Tony (HB)/ Jasmine (IP)
15:00		基礎 Foundation 詠筑 (IP)	膝蓋照護 Knees Tony (HB)			特殊工作坊 Workshops 9:30-17:00 Becky	特殊工作坊 Workshops 9:30-17:00 Becky
18:50		5/21 進階 Adv (HB) 5/28 初階 Intro (IP) Becky 14:00-16:00	倒立練習 Inversions Tony (HB)		基礎 Foundation Doris (HB)		
19:30	基礎+修復 Combo 詠筑 (IP) 90分/mins	19:00 初階 Introductory Doris (IP) 90分/mins	初階 Introductory Zen (IP) 90分/mins	19:00 基礎+修復 Combo Sami (IP) 90分/mins			
20:00	5/20 初階 Intro Becky (IP) 19:00-21:00		初學者 Beginners Tony (HB)		修復 Restorative Doris (HB)		

Key 縮寫 - (IP):In Person、實體; (OL): Online 線上;(HB) Hybrid (In Person+Online) 實體線上混合; (MO):Mandarin only 僅中文授課;紅色為最新的修正 Red for latest changes

五月中Becky老師再度來台灣推廣艾揚格瑜伽，歡迎參加週間與週末的課程。In mid-May, Teacher Becky is visiting the studio to promote Iyengar Yoga and you are invited to join class.

1. 【初階】歡迎艾揚格瑜伽練習半年以上，可以做支撐式肩倒立與頭倒立的同學來參加。

【中階】歡迎艾揚格瑜伽練習一年以上，可以做五分鐘的肩倒立與獨立式頭倒立的同學來參加。

【進階】歡迎艾揚格瑜伽練習三年以上，可以做五分鐘以上的肩倒立與獨立式頭倒立的同學來參加。

"Introductory", suitable for Iyengar Yoga practitioners for more than 6 months and can perform Shoulder Stand and Headstand with support.

"Intermediate", suitable for Iyengar Yoga practitioners for 1 years+ and can perform Shoulder Stand with support and Headstand independently for 5 minutes and above

"Advanced", suitable for Iyengar Yoga practitioners for 3 years+ and can perform Shoulder Stand with support and Headstand independently for 5 minutes and above

3.除特別標記以外，課程時間為60分鐘。All our current classes are 60 minutes long unless otherwise mentioned.

4.教室提供“開放空間練習”預約，可以使用教室空間與輔具自行練習。有可能與他人共用空間。請參考APP課表。

Open Practice sessions are available for self-practice and you might share the practice space with others. Check the timetable in the app.

5. All classes taught by our resident teachers can be done bilingually except for classes marked with (MO).

除了標記為(MO)的課程以外，由教室常駐老師教課的課程都可以中英文雙語進行。

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