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(megumi) 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00

20:00 21:00 22:00 (kanako) CHANGE (Akane) BODY CONTROL PILATES (KANA)

(satsuki) Ij-3y5Ä7a— 70—3ñ (YUUKI) 7:30PEN! (kazu) Adidas Yoga (kazu) (Ak Feb

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Of The RITA TTY ANIDHI, The Oldest Text ,\Vailable At Present Substantiating A

Developed Asana Practice. This Jan 1th, 2024.

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Understanding Of Constitutions Is Much Subtler Than What I've Described Above.

Each Person Has Elements Of All Three Doshas, So Reducing A Student To A Single Type Will Always Be An Oversimplification. Furthermore, Prakritis Mar 1th,

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releasing Effects, If Any, Of Selected Asanas. The Second Is A Randomized,

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