

Note : Please book **prior** appointments. For any information regarding your appointments please contact **050 662 4710**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8AM-9AM	Pranayama/meditation Salt room Dr. Surya		Sunshine Yoga Garden Area Dr. Surya	Pranayama/meditation Salt room Dr. Surya	Spine Care Salt room Dr. Surya	Sunshine Yoga Men's Garden Area Dr. Surya	Hatha Yoga Men's Yoga studio Dr. Surya
9AM-10AM	Sun Shine Yoga Garden Area Dr. Surya	Arabic Yoga Fusion Garden Area Mai Ahmed	Arabic Yoga Fusion Yoga studio Mai Ahmed				Warm Water Aqua Yoga Dr. Surya
10AM-11AM		Arabic Yoga Fusion Salt Room Mai Ahmed	Arabic Yoga Fusion Yoga studio Mai Ahmed	Hatha Yoga Yoga studio Dr. Surya	Trataka Meditation Salt room Dr. Surya	Warm Water Aqua Yoga Dr. Surya	
11AM-12PM	Stretch Yoga Yoga studio Dr. Surya		Cyclic meditation Salt Room Dr. Surya	Aqua Yoga Dr. Surya	Therapeutic Yoga Yoga studio Dr. Vineetha	Cyclic Meditation Salt room Dr. Surya	Warm Water Aqua Yoga Dr. Surya
12PM-1PM	Chakra healing (PVT) Salt room Dr. Visalatchi	Arabic Yoga Fusion Yoga studio Mai Ahmed	Arabic Yoga Fusion Yoga studio Mai Ahmed				Therapeutic Yoga Salt room Dr. Surya
	Trataka meditation Yoga studio Dr. Surya	Couple Yoga Salt room Dr. Visalatchi	Aqua Yoga Dr. Surya	Chakra healing (PVT) Yoga studio Dr. Visalatchi		Warm Water Aqua Yoga Dr. Surya	
1PM-2PM	Therapeutic Yoga Salt room Dr. Visalatchi	Antenatal Yoga Salt room Dr. Visalatchi		Spine Care Salt room Dr. Surya	Pranayama/meditation Salt room Dr. Surya	Chakra Healing (PVT) Salt room Dr. Visalatchi	
			Chakra healing with sun Salutations(PVT) Yoga studio Dr. Visalatchi	Therapeutic Yoga Yoga studio Dr. Visalatchi		Warm Water Aqua Yoga Dr. Surya	Kids Yoga Yoga studio Dr. Visalatchi
2PM-3PM	Trataka meditation Salt room Dr. Surya		Stretch Yoga Salt room Dr. Surya		Spine Care Yoga studio Dr. Surya		
	Spine Care Yoga studio Dr. Visalatchi			Trataka meditation Salt room Dr. Surya		Therapeutic Yoga Yoga studio Dr. Surya	Warm Water Aqua Yoga Dr. Surya
3PM-4PM	Antenatal Yoga Salt room Dr. Surya	Trataka meditation Yoga studio Dr. Visalatchi	Pranayama/meditation Salt room Dr. Annu	Cyclic meditation Salt room Dr. Annu	Cyclic meditation Salt room Dr. Surya	Kids Yoga Yoga Studio Dr. Visalatchi	Spine Care Salt room Dr. Visalatchi
			Therapeutic Yoga Yoga studio Dr. Surya	Aqua Yoga Dr. Visalatchi			Warm Water Aqua Yoga Dr. Surya
4PM-5PM		Spine Care Salt room Dr. Visalatchi			Prenatal Yoga Yoga studio Dr. Surya	Stretch Yoga Salt room Dr. Visalatchi	Spine Care Salt room Dr. Visalatchi
	Traditional Flow Yoga studio Dr. Surya		Aqua Yoga Dr. Surya	Stretch Yoga Salt room Dr. Surya		Family Aqua Yoga Dr. Surya	Family Aqua Yoga Dr. Surya
5PM-6PM	Couple Yoga Salt room Dr. Visalatchi	Therapeutic Yoga Salt room Dr. Visalatchi	Yoga Nidra Salt room Dr. Visalatchi	Traditional Flow Salt room Dr. Visalatchi	Arabic Yoga Fusion Yoga studio Mai Ahmed	Warm Water Aqua Yoga Dr. Visalatchi	
6PM-7PM	Cyclic meditation Yoga studio Dr. Visalatchi	Face Yoga Garden Area Dr. Visalatchi	Traditional Flow Salt room Dr. Visalatchi	Antenatal Yoga Yoga studio Dr. Visalatchi	Arabic Yoga Fusion Salt Room Mai Ahmed	Cyclic Meditation Garden Area Dr. Visalatchi	Hatha Yoga Garden Area Dr. Visalatchi
7PM-8PM	Hatha Yoga Men's Salt room Dr. Visalatchi	Chakra healing with sun salutation (PVT) Yoga studio Dr. Visalatchi	Spine Care Men's Yoga studio Dr. Visalatchi	Yoga Nidra Men's Yoga studio Dr. Visalatchi		Yoga Nidra Yoga studio Dr. Visalatchi	Trataka Meditation Men's Yoga studio Dr. Visalatchi
8PM-9PM	Therapeutic Yoga Yoga studio Dr. Visalatchi		Trataka meditation Salt room Dr. Visalatchi	Pranayama & Meditation Salt room Dr. Visalatchi	Arabic Yoga Fusion Yoga studio Mai Ahmed	Cyclic Meditation Salt room Dr. Visalatchi	Pranayama & Meditation Salt room Dr. Visalatchi



## KNOW YOUR SESSION

**AQUA YOGA** – is Yoga postures performed in water. It is a gentle and low impact activity, suitable to those who struggle with physical exercise. It includes breathing and mindfulness it's a particularly relaxing, soothing and restorative form of yoga due to the effect on the body being in water.

**Benefits:** Improves flexibility, enhances the potential of joint movements, reduces tiredness, aids in detoxifying the body, enhancing muscle strength, toning and increases blood circulation.

**YOGA NIDRA** – means psychic sleep," Yoga Nidra is a state between sleeping and waking.

**Benefits:** Improve your sleep and reduces insomnia, detach from your thoughts, etc.

**CYCLIC MEDITATION** – Combines yoga postures interspersed with supine rest. An easier meditation technique to learn and practice, especially those new to meditation.

**Benefits:** Improves willpower, balances Prana.

**TRATAKA MEDITATION** - Trataka is a meditation technique which involves focusing the eyes (and, in turn, the mind) through intent but relaxed gazing on an external object.

**Benefits:** Develops intuition, purifies eyes, strengthens eye muscles, improves vision and memory.

**CHAKRA HEALING & MEDITATION** - It is a form of energy healing that focuses on channeling energy into the seven chakras. The body is not only made up of the physical body, we have an energy that extends beyond our physical wellbeing.

**Benefits:** Develop willpower, Enhances Sense of Love in Life, Transforms negative into Positive.

**PRANAYAMA** - "Prana" means life energy and "yama" means control. Clears blocked nadis and chakras. Clears the whole energy around you, expands your aura and heightens the spirit. The goal of pranayama is to connect your body and mind.

**Benefits:** Improves Digestion, takes care of the Lungs, good for Nasal Passage and the Sinus cavity.

**SPINE CARE YOGA** - The spine care yoga program is a module that essentially addresses posture. Wrong postures affect overall health, well-being, individual's energy levels and efficiency.

**Benefits:** Promotes Muscle strength, enhances Body Awareness

**STRETCH YOGA** - Stretching involves holding a position. You work on lengthening the muscle until you are stretching to the maximum.

**Benefits:** Flexibility of Body's Connective Tissue and Joints, Stress levels Lowered.

**PREGNANCY YOGA** - Decreases mood swings and supports wellbeing, improves sleep, increases strength to support the baby and prepare for birth.

**HATHA YOGA** - The word hatha means willful or forceful. Hatha yoga refers to a set of physical postures. Hatha yoga is a path toward creating balance and uniting opposites.

**Benefits:** Develops Balance and Proprioception, Helps Discipline and Self control

**COUPLES YOGA** - Couples yoga is a shared experience focused more on the connection with one another rather than just yourself. By engaging in couples yoga poses with your partner, you are accessing a whole new realm of benefits for both you as individuals and your relationship together.

**THERAPEUTIC YOGA** - Therapeutic yoga is preventive as well as restorative. It is among the most effective complementary therapies for various illnesses and diseases.

**FACE YOGA** - Face yoga, work by strengthening specific muscle groups to keep the skin on top plump and firm.

**YIN FLOW AND MEDITATION** – Yin poses, passive stretches held for minutes at a time, prepare the body for stillness by releasing deep-rooted tension

**Benefits:** Balances vital organs, to cultivate Gratitude for the Body



For bookings, call or whatsapp 050 662 4710

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