

## ICY 2023-2024 New Year's Holiday Special Classes

★All our regular classes will be closed during the New Year's Holiday Season(December 29,2023 through January 4,2024). Validity of your ticket will be extended for 7 days during this period.

★Price: In studio[1 ticket+¥1,000 or ¥4,300 for drop-in] zoom:[1 ticket or ¥3,300 for drop-in]

★Please plan on being connected 15 mins before class for zoom participation and how-to will be sent to your email day prior to class.

★Our online store will not be able to send out tickets purchased past 3pm on December 28. Please plan ahead accordingly.

★Highlighted in yellow are classes which English instructions can be accommodated.

11/30/2023

Ogikubo Studio 5F							
〒167-0043 1-5-8 Suginami City, Kamiogi, Naocho Building, Tokyo							
	12/29(Fri)	12/30(Sat)	12/31(Sun)	1/1(Mon)	1/2(Tue)	1/3(Wed)	1/4(Thu)
7:00 to 9:00	<b>Momo</b> 6:30-8:30 Full & Conference +zoom	<b>Mari.T</b> Mysore	<b>Kei</b> Mysore +zoom (Momo)	<b>Kei</b> Mysore +zoom (Momo)	Naohiro Yonezawa Mysore +zoom (Momo)	Yuki Tanaka Mysore	Tatsuya Mysore +zoom (Momo)
10:00 to 12:00	Yuki Tanaka Mysore	<b>Mari.T</b> Full Primary Led & more	Yuki Tanaka Mysore			<b>Yumiko. A</b> Mysore	Yuki Tanaka Mysore
13:00 to 15:00	Yoshie Half Primary & Yin Yoga	Yoshie Yin Yoga for Ashtanga Yoga	Yoshie Full Vinyasa Full Primary			Misato Okeda Yin Yoga※ 2hr Practice	

Ogikubo Studio 3F							
〒150-0001 5-Chome-47-3 Jingumae, Shibuya City, Tokyo							
	12/29(Fri)	12/30(Sat)	12/31(Sun)	1/1(Mon)	1/2(Tue)	1/3(Wed)	1/4(Thu)
7:00 to 9:00	<b>Mari.T</b> Mysore	Tatsuya Mysore				hideaki Mysore +zoom (Momo)	
10:00 to 12:00	<b>Mari.T</b> Full Primary Led & more						

Jinbocho Studio 6F							
〒101-0051 1-22 Chiyoda City, Kanda Jinbocho, Tokyo							
	12/29(Fri)	12/30(Sat)	12/31(Sun)	1/1(Mon)	1/2(Tue)	1/3(Wed)	1/4(Thu)
7:00 to 9:00		Yuki Tanaka Mysore	ai Mysore	ai Mysore	ai Mysore	ai Mysore	
10:00 to 12:00	Mai Hatha Yoga (Shoulder-Hip Joint) +zoom	ai Workshop Spine and Backbend	ai Workshop Shoulder and Shoulder blade	Mai Full Primary & Breathing Meditation +zoom	Mai Hatha Yoga Application of Forward bend +zoom	ai Workshop Hip Joints and Pelvis	Mai Hatha Yoga Core Strengthening +zoom
13:00 to 15:00	Yukari Yin Yoga & Basic Ashtanga	Mai Full Primary & Breathing Meditation +zoom	Mai Hatha Yoga Back and Lower Body +zoom			Mai Full Primary & Breathing Meditation +zoom	ai Workshop Breathing and Vinyasa

Jinbocho Studio 5F							
	12/29(Fri)	12/30(Sat)	12/31(Sun)	1/1(Mon)	1/2(Tue)	1/3(Wed)	1/4(Thu)
7:00 to 9:00		ai Mysore				Mika Mysore +zoom	
10:00 to 12:00	Mika Mysore +zoom	Mika Mysore +zoom	Mika Mysore +zoom			Mika Mysore +zoom	Mika Mysore +zoom
12:30 to 14:30	ai 13:00-15:00 Workshop Breathing and Vinyasa	Mika Yin Yoga +zoom				Mika TCM Maintenance Yoga@ +zoom	Mika Yin Yoga +zoom

Jinbocho Studio 4F							
	12/29(Fri)	12/30(Sat)	12/31(Sun)	1/1(Mon)	1/2(Tue)	1/3(Wed)	1/4(Thu)
9:30 to 12:00	<b>Noritama</b> 108 Sun Salutation Let's try +zoom						
13:00 to 16:00	Yuka Kuwabara Yoga Therapy Breathing/Pelvic Floor Muscle Fee:¥6000						

## ICY 2023-2024 New Year's Holiday Special Classes

Kudan Iidabashi Studio							
〒102-0072 2-Chome-14-1, Chiyoda City, Iidabashi, Bunkosha2F, Tokyo							
	12/29(Fri)	12/30(Sat)	12/31(Sun)	1/1(Mon)	1/2(Tue)	1/3(Wed)	1/4(Thu)
7:00 to 9:00	Lisa Mysore +zoom	Lisa Mysore +zoom	<b>Mari.T</b> Mysore		Lisa Mysore +zoom	Lisa Mysore +zoom	Lisa Mysore +zoom
10:00 to 12:00	Lisa Yin Yoga(※) +zoom	Lisa Yin Yoga(※) +zoom	<b>Mari.T</b> Full Primary Led & more		Reiko Matsuda Yin Yoga(※) Observe and Explore	Lisa Yin Yoga(※) +zoom	Reiko Matsuda Yin Yoga(※) Observe and Explore
13:00 to 15:00	Reiko Matsuda Yin Yoga(※) & Ashtanga ~The Basic~	Reiko Matsuda Full Primary Led~step into full from half~			<b>Tatsuro</b> Half Primary	Reiko Matsuda Full Primary Led~step into full from half~	Reiko Matsuda Full Primary Led~step into full from half~
16:00 to 18:00					<b>Tatsuro</b> Crystal Ball & Yin Yoga		

Omotesando Studio 1F							
〒150-0001 5-Chome-47-3 Jingumae, Shibuya City, Tokyo							
	12/29(Fri)	12/30(Sat)	12/31(Sun)	1/1(Mon)	1/2(Tue)	1/3(Wed)	1/4(Thu)
7:00 to 9:00			Ayumi Mysore +zoom				
10:00 to 12:00		Fumie Mysore	Ayumi Full Primary Led +zoom				<b>Yoko</b> Full Primary Led +zoom
13:00 to 15:00							<b>Yoko</b> Yin Yoga +zoom

Setagaya Studio							
〒156-0044 4-chōme-3-7 Akatsutsumi, Setagaya City, Tokyo							
	12/29(Fri)	12/30(Sat)	12/31(Sun)	1/1(Mon)	1/2(Tue)	1/3(Wed)	1/4(Thu)
7:00 to 9:00	Ayumi Mysore	Ayumi Mysore					
10:00 to 12:00	Ayumi Half Primary & Talk To deepen yoga	Ayumi Workshop Breathing				Yukari Yin Yoga	
13:00 to 15:00		Aoi Tsuchiya Invigorating Backbends				Aoi Tsuchiya Yin Yoga & Half and more	