

## 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.

11/28/2023

| 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>Mari.T</b><br>Mysore             | <b>Mari.T</b><br>Mysore                     | <b>Kei</b><br>Mysore<br>+zoom (Momo)   | <b>Kei</b><br>Mysore<br>+zoom (Momo) | Naohiro Yonezawa<br>Mysore<br>+zoom (Momo) | Yuki Tanaka<br>Mysore                     | Tatsuya<br>Mysore<br>+zoom (Momo) |
| 10:00 to 12:00                                                                  | Yuki Tanaka<br>Mysore               | <b>Mari.T</b><br>Full Primary<br>Led & more | Yuki Tanaka<br>Mysore                  |                                      |                                            | <b>Yumiko. A</b><br>Mysore                | Yuki Tanaka<br>Mysore             |
| 13:00 to 15:00                                                                  | Yoshie<br>Half Primary<br>&Yin Yoga | Yoshie<br>Yin Yoga for<br>Ashtanga Yoga     | Yoshie<br>Full Vinyasa<br>Full Primary |                                      |                                            | Misato Okeda<br>Yin Yoga※<br>2hr Practice |                                   |

| Ogikubo Studio 3F |                                                        |                   |            |          |          |                                   |          |
|-------------------|--------------------------------------------------------|-------------------|------------|----------|----------|-----------------------------------|----------|
|                   | 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 6:30-8:30</b><br>Full &<br>Conference<br>+zoom | Tatsuya<br>Mysore |            |          |          | hideaki<br>Mysore<br>+zoom (Momo) |          |
| 10:00 to 12:00    | <b>Mari.T</b><br>Full Primary<br>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<br>Mysore                                  | ai<br>Mysore                                      | ai<br>Mysore                                           | ai<br>Mysore                                              | ai<br>Mysore                                           |                                                  |
| 10:00 to 12:00                                                        | Mai<br>Hatha Yoga<br>(Shoulder-Hip Joint)<br>+zoom | ai<br>Workshop<br>Spine and<br>Backbend                | ai<br>Workshop<br>Shoulder and<br>Shoulder blade  | Mai<br>Full Primary<br>& Breathing Meditation<br>+zoom | Mai<br>Hatha Yoga<br>Application of<br>Forward bend +zoom | ai<br>Workshop<br>Hip Joints and<br>Pelvis             | Mai<br>Hatha Yoga<br>Core Strengthening<br>+zoom |
| 13:00 to 15:00                                                        | Yukari<br>Yin Yoga&<br>Basic<br>Ashtanga           | Mai<br>Full Primary<br>& Breathing Meditation<br>+zoom | Mai<br>Hatha Yoga<br>Back and Lower Body<br>+zoom |                                                        |                                                           | Mai<br>Full Primary<br>& Breathing Meditation<br>+zoom | ai<br>Workshop<br>Breathing and<br>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<br>Mysore              |                         |          |          | Mika<br>Mysore<br>+zoom                   |                           |
| 10:00 to 12:00     | Mika<br>Mysore<br>+zoom                                | Mika<br>Mysore<br>+zoom   | Mika<br>Mysore<br>+zoom |          |          | Mika<br>Mysore<br>+zoom                   | Mika<br>Mysore<br>+zoom   |
| 12:30 to 14:30     | ai 13:00-15:00<br>Workshop<br>Breathing and<br>Vinyasa | Mika<br>Yin Yoga<br>+zoom |                         |          |          | Mika<br>TCM<br>Maintenance<br>Yoga® +zoom | Mika<br>Yin Yoga<br>+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) |
| 10:00 to 12:00     | <b>Noritama</b><br>108 Sun Salutation<br>Let's try<br>+zoom                 |            |            |          |          |          |          |
| 13:00 to 16:00     | Yuka Kuwabara<br>Yoga Therapy<br>Breathing/Pelvic Floor<br>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<br>Mysore<br>+zoom                                   | Lisa<br>Mysore<br>+zoom                                           | <b>Mari.T</b><br>Mysore                     |                                              | Lisa<br>Mysore<br>+zoom                                | Lisa<br>Mysore<br>+zoom                                           | Lisa<br>Mysore<br>+zoom                                           |
| 10:00 to 12:00                                                                            | Lisa<br>Yin Yoga(※)<br>+zoom                              | Lisa<br>Yin Yoga(※)<br>+zoom                                      | <b>Mari.T</b><br>Full Primary<br>Led & more |                                              | Reiko Matsuda<br>Yin Yoga(※)<br>Observe and<br>Explore | Lisa<br>Yin Yoga(※)<br>+zoom                                      | Reiko Matsuda<br>Yin Yoga(※)<br>Observe and<br>Explore            |
| 13:00 to 15:00                                                                            | Reiko Matsuda<br>Yin Yoga(※)<br>& Ashtanga<br>~The Basic~ | Reiko Matsuda<br>Full Primary<br>Led~step into<br>full from half~ |                                             | <b>Tatsuro</b><br>Half Primary               |                                                        | Reiko Matsuda<br>Full Primary<br>Led~step into<br>full from half~ | Reiko Matsuda<br>Full Primary<br>Led~step into<br>full from half~ |
| 16:00 to 18:00                                                                            |                                                           |                                                                   |                                             | <b>Tatsuro</b><br>Crystal Ball<br>& 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<br>Mysore<br>+zoom              |          |          |          |                                             |
| 10:00 to 12:00                                                            |            | Fumie<br>Mysore | Ayumi<br>Full Primary<br>Led<br>+zoom |          |          |          | <b>Yoko</b><br>Full Primary<br>Led<br>+zoom |
| 13:00 to 15:00                                                            |            |                 |                                       |          |          |          | <b>Yoko</b><br>Yin Yoga<br>+zoom            |

| Setagaya Studio 〒156-0044 4-chôme-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<br>Mysore                                   | Ayumi<br>Mysore                           |            |          |          |                                             |          |
| 10:00 to 12:00                                                          | Ayumi<br>Half Primary<br>& Talk<br>To deepen yoga | Ayumi<br>Workshop<br>Breathing            |            |          |          | Yukari<br>Yin Yoga                          |          |
| 13:00 to 15:00                                                          |                                                   | Aoi Tsuchiya<br>Invigorating<br>Backbends |            |          |          | Aoi Tsuchiya<br>Yin Yoga & Half<br>and more |          |