

IYC 2024 to 2025 Holiday Special Class

- ★Year-end & New Year's Holiday: Dec.29 2024 through Jan.4, 2025 Regular classes will be closed during this period.
- ★Ticket expiration will be extended during this period for the 7 days.
- ★An additional ¥1,000 is applied for the Holiday Classes. Please bring your IYC ticket plus ¥1,000, or drop-ins at ¥4,300.
- ★We accept CASH and PayPay only. *Exact change is greatly appreciated!*
- ★No additional fee for zoom participants. Please contact the instructor directly to make your reservation and connect 15 min. prior to class.
- ★IYC online shop will be closed from Dec.28 at 3pm until Jan.5, 2025, when we resume business. Please purchase your tickets in advance.

2024/11/27

Ogikubo Studio 5F

	12/29(Sun)	12/30(Mon)	12/31(Tue)	1/1(Wed)	1/2(Thu)	1/3(Fri)	1/4(Sat)
7:00 to 9:00	Keiko S Mysore +zoom	Kei Mysore +zoom <i>Mysore Pass</i>	Naohiro Yonezawa New Year's Eve 108 Sun Salutation +zoom	Keiko S Mysore +zoom <i>Mysore Pass</i>	Naohiro Yonezawa Mysore +zoom <i>Mysore Pass</i>	Toshiko Full Primary +zoom <i>Mysore Pass</i>	Toshiko Mysore +zoom
10:00 to 12:00	Yuki Tanaka Mysore	Yuki Tanaka Mysore				Yuki Tanaka Mysore	Yumiko. A Mysore
13:00 to 15:00							
16:00 to 18:00	Kei Full Primary +zoom						

Kudan-Iidabashi Studio

	12/29(Sun)	12/30(Mon)	12/31(Tue)	1/1(Wed)	1/2(Thu)	1/3(Fri)	1/4(Sat)
7:00 to 9:00	Lisa Mysore +zoom	Lisa Mysore +zoom				Lisa Mysore +zoom	Lisa Mysore +zoom
10:00 to 12:00							Yuki Tanaka Full Primary and something extra
13:00 to 15:00		Reiko Matsuda Full Primary ~Let's try~				Reiko Matsuda Full Primary	
15:30 to 17:30							Reiko Matsuda Primary Practice

Setagaya Studio

	12/29(Sun)	12/30(Mon)	12/31(Tue)	1/1(Wed)	1/2(Thu)	1/3(Fri)	1/4(Sat)
7:00 to 9:00	Ayumi Mysore	Ayumi Mysore					Aoi Tsuchiya Mysore Beginner to Intermediate level
10:00 to 12:00			Ayumi Year-end Full Primary				
13:00 to 15:00							

Jimbocho Studio 6F

	12/29(Sun)	12/30(Mon)	12/31(Tue)	1/1(Wed)	1/2(Thu)	1/3(Fri)	1/4(Sat)
7:00 to 9:00			Yuki Tanaka Mysore	ai Mysore	ai Mysore	ai Mysore	Yuki Tanaka Mysore
10:00 to 12:00	Mika Mysore +zoom	Mika Mysore +zoom				Mika Mysore +zoom	Mika Mysore +zoom

Jimbocho Studio 5F

	12/29(Sun)	12/30(Mon)	12/31(Tue)	1/1(Wed)	1/2(Thu)	1/3(Fri)	1/4(Sat)
7:00 to 9:00		ai Mysore					
10:00 to 12:00	Aya Half Primary and something extra +zoom						Aya Full Primary + Breathing Technique +zoom

Jimbocho Studio 4F

Ⓞ English instructions can be accommodated.

	12/29(Sun)	12/30(Mon)	12/31(Tue)	1/1(Wed)	1/2(Thu)	1/3(Fri)	1/4(Sat)
10:00 to 12:00	Mai Ⓞ Hatha Yoga (Hip & Shoulder Joint) +zoom	Mai Ⓞ Full Primary, Pranayama, Meditation +zoom	Mai Ⓞ Hatha Yoga Loosen Up (full body) +zoom	Mai Ⓞ Hatha Yoga Forward bend Application and variation +zoom		Mai Ⓞ Hatha Yoga Strengthening (lower body) +zoom	Mai Ⓞ Full Primary, Pranayama, Meditation +zoom
13:00 to 15:00					Mai Ⓞ Full Primary, Pranayama, Meditation +zoom		

Omotesando Studio 1F

	12/29(Sun)	12/30(Mon)	12/31(Tue)	1/1(Wed)	1/2(Thu)	1/3(Fri)	1/4(Sat)
7:00 to 9:00	ai Mysore						
10:00 to 12:00	ai Half Primary +Breathing Technique	Toshiko Mysore					Fumie Mysore
13:00 to 15:00	Naohiro Yonezawa Mysore					Yoko Ashtanga LED +zoom	
16:00 to 18:00						Yoko Yin Yoga +zoom	