

2025-2026 IYC Holiday Special Schedule

- ★Our Holiday Period: December 29, 2024 – January 4, 2025. All regular classes will be closed during this time.
- ★Ticket Extension: Ticket validity will be extended by 7 days for this period.
- ★Holiday Class Fee: Please note that holiday classes require 1 ticket + ¥1,000, or drop-ins at ¥4,300.
- ★Payment: CASH or PayPay only. Exact change is greatly appreciated!
- ★Zoom Classes: No additional fee! Please contact your instructor directly to reserve and connect 15 minutes before class.
- ★Online Shop: Closed from December 28, 3:00 PM until January 4, 2025. Please purchase your tickets in advance.

Ogikubo Studio 5F

	12/29(Mon)	12/30(Tue)	12/31(Wed)	1/1(Thu)	1/2(Fri)	1/3(Sat)Moonday	1/4(Sun)
7:00 to 9:00	Momo Mysore +zoom Mysore Pass	Momo Mysore +zoom Mysore Pass	Momo Mysore +zoom Mysore Pass	Momo Mysore +zoom Mysore Pass	Momo Mysore +zoom Mysore Pass	Momo Full Vinyasa· Led +zoom	Momo Mysore +zoom
10:00 to 12:00	Yuki Tanaka Mysore	Yuki Tanaka Mysore					
12:30 to 14:30		Yuki Tanaka Pilates Core Strengthening & Spinal Mobility					Yuki Tanaka 12:00-14:00 Mysore

Ogikubo Studio 3F

	12/29(Mon)	12/30(Tue)	12/31(Wed)	1/1(Thu)	1/2(Fri)	1/3(Sat)Moonday	1/4(Sun)
10:00 to 12:00	Misato Okeda Yin Yoga(※) A Solid 2-Hour Practice	Yoshie Year-end 108 Sun Salutations					
13:00 to 15:00	Yoshie Relax with Yin Yoga						Misato Okeda Yin Yoga(※) A Solid 2-Hour Practice

Kudan-Iidabashi Studio

	12/29(Mon)	12/30(Tue)	12/31(Wed)	1/1(Thu)	1/2(Fri)	1/3(Sat)Moonday	1/4(Sun)
7:00 to 9:00	Lisa Mysore +zoom	Lisa Mysore +zoom			Asayo Mysore		Asayo Mysore
10:00 to 12:00	Lisa Elevate Your Asanas	Lisa Yin Yoga(※) +zoom	Reiko Matsuda Let’s Start Your Mysore Journey			Yuki Tanaka Full Primary Led + Intro to Second	Asayo Basic Ashtanga +A Short Workshop
13:00 to 15:00	Reiko Matsuda Yin Yoga(※) Extended Practice	Mario Mysore			Mario Mysore	Reiko Matsuda Yin Yoga(※) Extended Practice	Reiko Matsuda Yin Yoga(※) Extended Practice
15:30 to 17:30	Reiko Matsuda Full Primary Led						Reiko Matsuda Start Your Mysore Journey

Setagaya Studio

	12/29(Mon)	12/30(Tue)	12/31(Wed)	1/1(Thu)	1/2(Fri)	1/3(Sat)Moonday	1/4(Sun)
7:00 to 9:00	Ayumi Mysore	Ayumi Mysore	Ayumi Year-End Full Primary Led + more				
10:00 to 12:00	Ayami 10:00-12:30 Gentle Pilates & Ayurveda +zoom	Ayumi Half Primary & Asana Workshop					Aoi Tsuchiya Mysore For Beginner to Intermediate Practitioners
13:00 to 15:00							Aoi Tsuchiya Yin Yoga for Ashtanga Practice

2025-2026 IYC Holiday Special Schedule

Jimbocho Studio 6F

	12/29(Mon)	12/30(Tue)	12/31(Wed)	1/1(Thu)	1/2(Fri)	1/3(Sat)Moonday	1/4(Sun)
7:00 to 9:00		Mika Mysore +zoom				Yuki Tanaka Mysore	
10:00 to 12:00	Mika Mysore +zoom	Mika 9:30-11:30 Mysore +zoom	Mai Hatha Yoga Full-Body Unwinding	Mai Hatha Yoga Focus on Shoulders & Hips		Reiko Matsuda Full Primary Led	Mika Mysore +zoom
13:00 to 15:00	Mika 12:30-14:30 Yin Yoga with Chakra Meditation +zoom	Mika 12:00-14:00 TCM Maintenance® Yoga +zoom				Noritama Yin Yoga(※)	Mika 12:30-14:30 TCM Maintenance® Yoga +zoom

Jimbocho Studio 5F

	12/29(Mon)	12/30(Tue)	12/31(Wed)	1/1(Thu)	1/2(Fri)	1/3(Sat)Moonday	1/4(Sun)
7:00 to 9:00		Noritama Yin Yoga(※)					
10:00 to 12:00	Noritama Full Primary Led	Aya Full Primary Led +zoom		ai Mysore	ai Half Primary + more	Aya Moon Day Mysore +zoom	Noritama Half Primary Led + more
13:00 to 15:00	Yukari SLOW-FLOW YOGA +zoom	Yukari Yin Yoga				Yukari SLOW-FLOW YOGA +zoom	Yukari Yin Yoga
16:00 to 18:00						Aya Mantra Chanting +zoom	

Jimbocho Studio 4F

	12/29(Mon)	12/30(Tue)	12/31(Wed)	1/1(Thu)	1/2(Fri)	1/3(Sat)Moonday	1/4(Sun)
10:30 to 15:30	Momo Hatha Yoga Advanced: Comprehensive 5-Day Course in Theory and Practice +zoom					Momo from 12/27(Sat) Alignment, Adjustments, and Anatomy for Ashtanga Yoga +zoom	

Omotesando Studio 1F

	12/29(Mon)	12/30(Tue)	12/31(Wed)	1/1(Thu)	1/2(Fri)	1/3(Sat)Moonday	1/4(Sun)
7:00 to 9:00	ai Mysore						
10:00 to 12:00		Reiko Matsuda Let's Start Your Mysore Journey	ai Half Primary + more			ai Half Primary + more	ai Half Primary + more
12:30 to 14:30		Reiko Matsuda Yin Yoga(※) Extended Practice	ai Hatha Yoga Full-Body Unwinding			ai Hatha Yoga Hip Release	ai Hatha Yoga Full-Body Unwinding

Ken Harakuma Class (Omotesando Studio 2F)

Check the IYC website for class times and how to join!

12/30(Tue)	12/31(Wed)	1/1(Thu)	1/2(Fri)	1/3(Sat)Moonday	1/4(Sun)
Year-End & New Year Mysore Classes (Held Daily: 6 Classes) +zoom					
21 Holiday Special Classes +zoom					