


# Hot yoga studio BION Seisekisakuragaoka LESSON SCHEDULE October 2017

- Lessons can be attended by reservation only. Please choose the lesson you would like to attend and reserve a place beforehand. Reservations can be made by WEB.
- The regular holiday is Wednesday every month.
- We will show the lesson or instructor that changed by web or studio bulletin board.
- Advanced reservations can be made beginning on the 25th of the previous month.
- The public holiday schedule will be changed. We will announce it at HP or studio bulletin board.

	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
9:00					9:00 DOOR OPEN		9:00
:30							:30
10:00	10:00 DOOR OPEN				9:30~10:30 bion YOGA Detox SHIZUHO	9:30~10:30 bion YOGA Relax TSUGUKO	10:00
:30							:30
11:00	10:30~11:30 bion PILATES Basic YOKO.S	10:30~11:30 bion YOGA Relax MIYUKI	10:30~11:30 bion YOGA Relax & Reset SACHIE	11:00~12:00 bion YOGA Detox RIE	11:00~12:00 bion Stretch & Reset AKIKO	11:00~12:00 bion YOGA Pelvic Adjustment TSUGUKO	11:00
:30		The limited time Lesson October to December <b>NEW</b>					:30
12:00	12:00~13:00 bion Stretch & Reset YOKO.S	12:00~13:00 <b>SPECIAL LESSON</b> MIYUKI	12:00~13:00 bion YOGA Pelvic Adjustment SACHIE	12:30~13:30 bion YOGA Basic RIE			12:00
:30						<b>NEW</b>	:30
13:00					13:00~14:00 bion Balet Beauty SHIZUHO	13:00~14:00 bion YOGA Energy SACHIE	13:00
:30							:30
14:00	13:30~14:30 bion YOGA Pelvic Adjustment MAKO	13:30~14:30 bion YOGA Detox TOMOYO		<b>NEW</b> 14:00~15:00 bion YOGA Flow MAKO			14:00
:30			The limited time Lesson October to December <b>NEW</b>				:30
15:00	15:00~16:00 bion YOGA Relax & Reset MAKO	15:00~16:00 bion YOGA Relax TOMOYO	15:00~16:00 <b>SPECIAL LESSON</b> YOKO.D		14:30~15:30 bion YOGA Pelvic Adjustment SHIZUHO	14:30~15:30 bion YOGA Pelvic Adjustment KANAKO	15:00
:30							:30
16:00				15:30~16:30 bion YOGA Lymphs YOKO.D		16:00~17:00 bion YOGA Relax KANAKO	16:00
:30							:30
17:00					17:00~18:00 bion YOGA Relax COCORO		17:00
:30							:30
18:00							18:00
:30							:30
19:00	<b>NEW</b> 19:00~20:00 bion YOGA Detox YUKA	19:00~20:00 bion Stretch & Beauty YUKA	19:00~20:00 bion YOGA Pelvic Adjustment RIE	19:00~20:00 bion YOGA Relax NOAKO			19:00
:30							:30
20:00						20:00 DOOR CLOSE	20:00
:30							:30
21:00	20:30~21:30 bion Balet Beauty YUKA	20:30~21:30 bion YOGA Detox YUKA	20:30~21:30 bion YOGA Shape RIE	20:30~21:30 bion YOGA Pelvic Adjustment NOAKO	21:00 DOOR CLOSE		21:00
:30							:30
22:00							22:00
:30							:30
23:00	23:00 DOOR CLOSE						23:00

**NEW** The class was changed content or instructor from this month.

 this mark show the highest intensity. The people who take first time please refrain from attend.





# Lesson Information

At Magma Spa Studio, we use water vapor to gently warm your body. It creates the perfect environment for women to exercise in. As your body warms up, your flexibility also improves and you can stretch gently and slowly without discomfort. We have various programs available. Please Choose one according to your level.

## STRETCH

Stretch your body out with simple movements. By loosening up, you will be able to get a beautiful body and perspire a lot at the same time.

Lesson Name	Intensity	Content
bion Stretch &Reset	★	As well as loosening up your body from deep within with simple stretches, a stretch pole may be used to correct your posture. This program is perfect for relaxing your whole body
bion Stretch &Beauty	★	Get into position and while aware of your beautiful body, loosen up your body from deep within. The warmth allows you to move easily so your approach is deeper

## YOGA

This program utilizes various Asana (poses) while breathing slowly and comfortably. It benefits your body and mind and allows to perspire freely.

レッスン名	強度	内容
bionYOGA Basic	★	This program benefits your body and mind while you enjoy Yoga poses and the magma. This class is recommended for beginners to Yoga and first-time customers to Magma Spa.
bionYOGA Relax	★	You can get closer to the magma plates by doing many poses in sitting and lying positions, and warming your body all the way through will let you relax. This program uses simple, slow movements
bionYOGA Lymphs	★	This program uses Asana (poses) and movements to improve the flow of your lymphs while you enjoy Yoga poses and the magma. Your body will feel refreshed.
bionYOGA Pelvic Adjustment	★	This program incorporates Asana (poses) which benefit your pelvis while you enjoy Yoga poses and the magma. It aims to build a feminine, limber body
bionYOGA Detox	★★	By doing many twist Asana (poses) while taking minerals from the magma into your body, you can expect to perspire much more. The aim of this program is to make you feel refreshed from the inside out.
bionYOGA Energy	★★	Perspire freely while doing standing Asana (poses), which build a strong mind and body. This class is recommended for people who have become accustomed to Magma Spa and want to move a little more.
bionYOGA Shape	★★★	With the increased amount of exercise in this program, you can expect to see yourself perspire accordingly. The nourishing effects for your concentration and seeing yourself shape up are the aims of this program. It is recommended for people who have become accustomed to Magma Spa.
bionYOGA Flow	★★★	Doing Asana (poses) repeatedly will increase your concentration and benefit your mind and body. This class is recommended for people who want to move a lot and perspire a great deal.

## PILATES

Using your abs, the core of your body, move while keeping your posture correct. In addition to helping your body line, this increases your metabolism and allows you to perspire freely.

レッスン名	強度	内容
bionPILATES Basic	★	By being aware of the core of your body and moving while feeling the power of the magma, you can trim your body line, increase your metabolism and perspire freely from deep within your body.

## OTHERS

レッスン名	強度	内容
bion Balet Beauty	★	Femininity which incorporates basic ballet movements in the middle of the magma's warmth. This class brings out the flexibility and beauty in you.

## SPECIAL LESSON

The limited time lesson October to December	★★ ~ ★★★	The seasonal lesson
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- Please bring bath towels, face towels and water (500ml) to the studio.
- ※ Your body will be warmed during your visit to this studio and you will perspire a great deal.  
Please take care to drink water frequently.
- ※ Lessons will take place on top of a towel.
- If you bring any of the following with you, please refrain from their use.  
Oils and creams to rub into your skin, face packs, sauna suits or anything that blocks up your pores, mobile phones and derma rollers, etc.
- ※ We also recommend using the spa after you have removed any make-up.
- Available lessons vary between spas.  
For more details, please check the store page