



THE ANANDI  
HOTEL AND SPA  
SHANGHAI

# 上海阿纳迪酒店工坊课程表

## The Anandi Weekly Workshop Schedule

时间 Time	星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	时间 Time	星期六 Saturday	星期日 Sunday
08:00 - 09:00	日出瑜伽 Sunrise Yoga					08:00 - 09:00	日出瑜伽 Sunrise Yoga	日出瑜伽 Sunrise Yoga
能量气场修复 Aura Repair			过小, 左右不对称, 斑点 Too small, Left and Right imbalanced, Spotted			过小, 左右不对称, 斑点 Too small, Left and Right imbalanced, Spotted		
						09:30 - 10:30	太极 Tai Chi	太极 Tai Chi
能量气场修复 Aura Repair			过小, 左右不对称, 色乱, 斑点, 头部压力 Too small, Left and right imbalanced, Spotted, Disordered, Mental pressure					
10:30 - 11:15	呼吸冥想 Pranayama Meditation 英文授课 Teach in English					10:00 - 10:45	呼吸冥想 Pranayama Meditation 英文授课 Teach in English	呼吸冥想 Pranayama Meditation 英文授课 Teach in English
能量气场修复 Aura Repair			过小, 上部破洞, 头部压力, 心轮有光 Too small, Broken of upper body, Mental pressure, Heart Chakra is too light			过小, 上部破洞, 头部压力, 心轮有光 Too small, Broken of upper body, Mental pressure, Heart Chakra is too light		
						11:15 - 12:00	少儿太极 Junior Tai Chi	
						11:15 - 12:00	颂钵音疗 Singing Bowl Sound Therapy	颂钵音疗 Singing Bowl Sound Therapy
能量气场修复 Aura Repair			斑点, 过小, 下部缺口, 头部压力, 心轮有光 Spotted, Too small, Broken of the lower half of body, Mental pressure, Heart Chakra is too light					
13:00 - 13:30	颂钵秀 Singing Bowl Performance					13:00 - 13:30	颂钵秀 Singing Bowl Performance	颂钵秀 Singing Bowl Performance
						15:00 - 15:45	儿童瑜伽 Kid's Yoga	
						15:00 - 17:00	品酒工坊 Wine Tasting	
16:00 - 16:45	颂钵音疗 Singing Bowl Sound Therapy					16:00 - 16:45	颂钵音疗 Singing Bowl Sound Therapy	颂钵音疗 Singing Bowl Sound Therapy
能量气场修复 Aura Repair			斑点, 过小, 下部缺口, 头部压力, 心轮有光 Spotted, Too small, Broken of the lower half of body, Mental pressure, Heart Chakra is too light			斑点, 过小, 下部缺口, 头部压力, 心轮有光 Spotted, Too small, Broken of the lower half of body, Mental pressure, Heart Chakra is too light		
17:00 - 17:45	能量气场解析 Energy Aura Analysis					17:00 - 17:45	能量气场解析 Energy Aura Analysis	能量气场解析 Energy Aura Analysis
20:00 - 21:00	阴瑜伽 Yin Yoga					20:00 - 21:00	阴瑜伽 Yin Yoga	阴瑜伽 Yin Yoga
能量气场修复 Aura Repair			左右不平衡, 色乱, 过大, 头部压力, 斑点 Left and right imbalanced, Disordered, Too big, Mental pressure, Spotted			左右不平衡, 色乱, 过大, 头部压力, 斑点 Left and right imbalanced, Disordered, Too big, Mental pressure, Spotted		

### 工坊须知 Workshop Notice

如果您想预约一对一私教课, 请联系您的疗愈管家或拨打房间电话致电客服中心 "0", 480元/人。  
For one-to-one Workshop, please contact your healing butler or dial Service Center on "0", RMB 480/person.

- 请在课程开始前10分钟到达, 迟到不允许进入教室。
- 除少儿太极和儿童瑜伽, 其他课程参加年龄需满14岁。
- 建议您参加工坊前, 进行身体沐浴净化, 并穿着房间内的工坊服和拖鞋。
- 孕妇不建议参加; 醉酒者不可参加。
- 具体工坊地点请咨询您的疗愈管家或致电客服中心 "0"。
- Please arrive 10mins before the class you reserved. Late participation may not be admissible.
- Except Junior Tai Chi and Kid's Yoga, the workshops are suitable for the age above 14 years old.
- You are suggested to take the shower before participating the workshops.
- The pregnant are not recommended to participate; Drunken people are not allowed to participate.
- Please contact your healing butler or dial Service Center on "0" for the workshop class.



扫描二维码预订工坊  
Scan the QR Code to Book  
the Workshop