



THIS MONTH'S CLASSES & WORKSHOPS

OCT 2022

SINGAPORE • 09:00-00:00 (GMT+8)

VIENNA
02:00-17:00
(-7 HOURS)

DUBAI
05:00-20:00
(-4 HOURS)

JAKARTA
08:00-23:00
(-1 HOURS)

SYDNEY
12:00-03:00
(+3 HOURS)

MON	TUE	WED	THU	FRI	SAT	SUN
					1 16:00-17:30 ATDY GRADS LIGHT UP 90* Yoshimi Janus	2
3 10:00-10:30 HEALTH ENERGIZE 30 Bagia A. Saputra ----- 20:00-21:00 HEALTH WELLBEING 60 Ayu Tresna Ekadewi	4 10:00-10:30 HEALTH BREATHE 30 Margaret Beagrie ----- 20:00-21:00 PASSION IGNITE 60 Bagia A. Saputra	5 10:00-10:30 HEALTH BOOST 30 Bagia A. Saputra ----- 20:00-21:30 ATDY GRADS LIGHT UP 90* Silvia Wagner	6 10:00-10:30 HEALTH BALANCE 30 Yasmin Baidha Afifah ----- 20:00-21:00 RELATIONSHIP HEART TO HEART 60 Ayu Tresna Ekadewi	7 01:00-02:00 IN GERMAN VOMP KOPF INS HERZ * Pascal Dricot ----- 10:00-10:30 HEALTH MINDFUL 30 Joyce Wonsono ----- 20:00-21:00 UNIVERSE SPIRITUAL 60 Micheala Anggono	8 11:00-12:30 TGSM 90 INTUITIVE BODY HEALING Beatrice Lee ----- 14:00-18:00 WORKSHOP WHISPER TO THE ANIMALS Silvia Wagner ----- 16:00-17:30 TGSM 90 EMBRACING SELF LOVE Saidatul Nadziah	9 11:00-12:30 TGSM 90 BASIC MEDITATION Chong Bing Kuan ----- 13:30-15:00 TGSM 90 RAISE AWARENESS THROUGH HEART Michael Wong ----- 14:00-18:00 WORKSHOP WHISPER TO THE ANIMALS Silvia Wagner ----- 16:00-17:30 IN MANDARIN MEDITATION 90* Alycia Tee
10 10:00-10:30 HEALTH ENERGIZE 30 Bagia A. Saputra ----- 20:00-21:00 HEALTH WELLBEING 60 Yasmin Baidha Afifah	11 10:00-10:30 HEALTH BREATHE 30 Low Sheau Shy ----- 20:00-21:00 PASSION IGNITE 60 Bagia A. Saputra	12 10:00-10:30 HEALTH BOOST 30 Bagia A. Saputra ----- 20:00-21:30 ATDY GRADS LIGHT UP 90* Pascal Dricot	13 10:00-10:30 HEALTH BALANCE 30 Susee Rajaram ----- 20:00-21:00 FAMILY HEART TO HEART 60 Silvia Wagner	14 01:00-02:00 IN GERMAN LEBENSFREUDE * Silvia Wagner ----- 10:00-10:30 HEALTH MINDFUL 30 Yasmin Baidha Afifah ----- 20:00-21:00 EARTH SPIRITUAL 60 Bagia A. Saputra	15 13:30-15:00 TGSM 90 SELF EMPOWERMENT Susee Rajaram ----- 14:00-18:00 WORKSHOP ANIMAL COMMUNICATION SICK FURKIDS & AFTERLIFE Silvia Wagner ----- 16:00-17:30 TGSM 90 BLISS OF LONELINESS Alycia Tee ----- 16:00-17:30 ATDY GRADS LIGHT UP 90* Yasmin Baidha Afifah	16 13:30-15:00 TGSM 90 RAISE AWARENESS THROUGH HEART Michael Wong ----- 14:00-18:00 WORKSHOP ANIMAL COMMUNICATION SICK FURKIDS & AFTERLIFE Silvia Wagner ----- 16:00-17:30 IN MANDARIN MEDITATION 90* Jessie Moo
17 10:00-10:30 HEALTH ENERGIZE 30 Bagia A. Saputra ----- 20:00-21:00 HEALTH WELLBEING 60 Joyce Wonsono	18 10:00-10:30 HEALTH BREATHE 30 Margaret Beagrie ----- 20:00-21:00 PASSION IGNITE 60 Pascal Dricot	19 10:00-10:30 HEALTH BOOST 30 Bagia A. Saputra ----- 20:00-21:30 ATDY GRADS LIGHT UP 90* Bagia A. Saputra	20 10:00-10:30 HEALTH BALANCE 30 Yasmin Baidha Afifah ----- 20:00-21:30 TGSM 90 ORACLE VIBES: YOUR PATH TO CLARITY Teoh Yeong Keait	21 01:00-02:00 IN GERMAN LEIDENSCHAFT * Pascal Dricot ----- 10:00-10:30 HEALTH MINDFUL 30 Joyce Wonsono ----- 20:00-21:00 UNIVERSE SPIRITUAL 60 Yoshimi Janus	22 11:00-12:30 TGSM 90 BEAUTY WITHIN Junie Lee ----- 13:30-15:00 TGSM 90 REBALANCE THE NATURAL ELEMENTS Susee Rajaram	23 11:00-12:30 TGSM 90 RECHARGE & REJUVENATE Chong Bing Kuan ----- 13:30-15:00 TGSM 90 PAUSE UPDATE RESTART Moisey Moi ----- 16:00-17:30 IN MANDARIN MEDITATION 90* Jessie Moo
24 10:00-10:30 HEALTH ENERGIZE 30 Bagia A. Saputra ----- 20:00-21:00 HEALTH WELLBEING 60 Pascal Dricot	25 10:00-10:30 HEALTH BREATHE 30 Low Sheau Shy ----- 20:00-21:00 PASSION IGNITE 60 Nabil Mattar	26 10:00-10:30 HEALTH BOOST 30 Bagia A. Saputra ----- 20:00-21:30 ATDY GRADS LIGHT UP 90* Yodhananta Soewandi	27 10:00-10:30 HEALTH BALANCE 30 Susee Rajaram ----- 20:00-21:30 TGSM 90 EAT. PRAY. LOVE AND ENJOY LIFE Christina Teng	28 01:00-02:00 IN GERMAN HEILE DEINE BEZIEHUNGEN * Silvia Wagner ----- 10:00-10:30 HEALTH MINDFUL 30 Yasmin Baidha Afifah ----- 20:00-21:00 EARTH SPIRITUAL 60 Silvia Wagner	29 11:00-12:30 TGSM 90 DARE TO BE UNIQUE Jessie Moo ----- 13:30-15:00 TGSM 90 SELF EMPOWERMENT Susee Rajaram	30 16:00-17:30 IN MANDARIN MEDITATION 90* Jessie Moo
31 10:00-10:30 HEALTH ENERGIZE 30 Bagia A. Saputra ----- 20:00-21:00 HEALTH WELLBEING 60 Yodhananta Soewandi						

● Online Wellness Membership Classes ● Workshops are not included in Online Wellness Membership * Conducted in Mandarin * Conducted in German * ATDY Grads Only

LIFE PILLARS HEALTH RELATIONSHIP FAMILY WEALTH PASSION EARTH UNIVERSE