Studio Sessions Timetable 2021

9 week Terms - 11 January – 22 March

Bookings essential

|  |  |  |
| --- | --- | --- |
| Monday | 5.30 – 7pm | Yoga |
| Tuesday | 9.30 – 11am | Yoga |
| Tuesday | 1.30 – 3pm | Gentle Yoga – suitable for beginners and those who want a gentler practice.  |
| Tuesday | 6 – 7.30pm | Yoga for Pregnancy & Birth  |
| Wednesday | 6 – 7.30pm | Yoga |
| Thursday | 9.30 – 11am | Yoga |
| Thursday | 3.30 – 4.45 pm | Community yoga @ Encounter Centre – bookings through Encounter Centre 8552 2995 |
| 2nd Saturday of the Month | 10.am – 12 noon | Restorative Yoga  |
| 4th Saturday of the Month | 10am – 12 noon | Yin Yoga |

* Pregnancy and Mums and Babies Yoga is dependent on demand – minimum of 3 people maximum 6 people.

Please contact me if you are interested in either of these classes, or if you have friends who may be interested and we can organise a class for you.

* Bookings essential for all classes as space is limited.