

Studio Sessions Timetable 2021

T2 Starts 12 April – 17 June

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	5.30 – 7pm	Yoga for Pregnancy & Birth
Wednesday	11 – 12 noon	Mums & Babies Yoga
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
2 nd Saturday of the Month	10.am – 12 noon	Restorative Yoga
4 th 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.