



**ENCOUNTER YOGA**  
THAI YOGA MASSAGE

## Term 3 Yoga Classes

Monday 24 July - Thursday 28 September

Monday			5.30 – 7 pm General yoga
Tuesday	9.30 – 11am General yoga		6 – 7pm Breathing Space Meditation and breath practices
Wednesday	9.30 – 11am General yoga	1.30 - 3pm Gentle yoga	6 – 7.30pm General yoga
Thursday	9.30 – 11am General yoga		
Saturday 29 July 26 August		2 – 4pm Restorative Yoga Sessions	