



Term 1 2017

Groups and Classes at Autumn RETREAT

Monday

6pm-7pm **Gita Hatha Yoga** w/ Anita 0418998862

7.30pm-8.45pm **Kundalini Yoga** w/ Ange 0413 463 250



Tuesday

4.30-5.30pm **Teen Yoga** w/ Anita 0418 998 862

6.00pm-7.15pm **Hatha Yoga** w/ Sarah 0402 681 424

7.30pm-8.30pm **Pranaa Yoga** w/ Rachael W. 0406783418

7.30pm- 8.30pm **Meditation** w/ Rachael M. 0431290174



Wednesday

7.15pm- 8.30pm **Hatha Yoga** w/ Francine 0425 832 272



Thursday

6.00pm-7.15pm **Hatha Yoga** w/ Sarah 0402 681 424

7.30pm-8.30pm **Pilates** w/ Melissa 0421 031 788



Friday

10-11am **Gita Style Hatha Yoga** w/ Anita 0418998862

Saturday

8.00am-9.15am **Hatha Yoga** w/ Francine 0425 832 272

9.45am -11.15am **Guided Meditation** w/ Lee 0400 319 202



Sunday

Group room available for workshops and classes

*Group room available for hire, for more information email Autumn via
autumn@autumnretreat.com.au*

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