



## Groups and Classes at Autumn RETREAT

### Monday

6pm-7pm

**Gita Hatha Yoga** w/ Anita 0418 998 862

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-9.00pm

**QiGong** w/ Cy Gorman 0413 888 446

### Wednesday

9.30am-10.30am

**Kundalini Meditation** w/ Ange 0413 463 250

11.30am-1.00pm

**Community Acupuncture** w/ Ange 0413 463 250

5.45pm- 6.45pm

**Qi Gong & Meditation** w/ Sue 0431 041 396 &  
Gena 0404 160 402

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

**Hatha Yoga** w/ Sarah 0402 681 424

### Friday

Group room available for hire

### Saturday

8.00am-9.15am

**Hatha Yoga** w/ Francine 0425 832 272

9.30am-2.00pm

*Group room available for workshops and classes*

2.30pm-4.00pm

**Community Acupuncture** w/ Ange 0413 463 250

### Sunday

*Group room available for workshops and classes*

### Regular Workshops

**Hypnobirthing**

*with Ange 0413 463 250*

**Reiki 1, 2 & Masters**

*with Vanessa 0402 218 061*

**Parenting workshops**

*with Lynne 0478 305 530*

**Women's Circle**

*with Clare 0406 596 565 (1st Sunday of month)*

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

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