



Term 2

Groups and Classes at Autumn RETREAT

12th April-30th June

Bookings essential

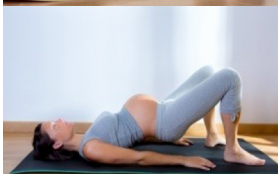
Monday

6pm-7pm **Gita Style Hatha Yoga** w/ Anita 0418 998 862 (9 weeks-POA)
7.30pm-8.45pm **Kundalini Yoga** w/ Ange 0413 463 250 (\$180- 10wk term)



Tuesday

4.30pm -5.30pm **Teen Yoga** w/ Anita 0418 998 862
6.00pm -7.15pm **Hatha Yoga** w/ Sarah 0402 681 424 (\$180 10wk term)
7.30pm -8.30pm **Pranaa Yoga** w/ Rachel W. 0406783418 (\$90-6wk term)
7.30pm - 8.30pm **Meditation** w/ Rachael M. 0431 290 174 (\$100 -5wk term)



Wednesday

9.30am-10.45am **Kundalini Breath & Meditation** w/ Ange 0413 463 250
6.00pm-7.15pm **Hatha Yoga** w/ Francine 0425 832 272 (\$190 -10wk term)
7.15pm- 8.30pm **Hatha Yoga** w/ Francine 0425 832 272 (\$209 -11wk term)



Thursday

6.00pm-7.15pm **Hatha Yoga** w/ Sarah 0402 681 424 (\$180 -10wk term)
7.30pm-8.30pm **Pilates** w/ Melissa 0421 031 788 (\$230 - 11wk term)



Friday

10-11am **Gita Style Hatha Yoga** w/ Anita 0418 998 862 (\$185-10wk term)

Saturday

8.00am-9.15am **Hatha Yoga** w/ Francine 0425 832 272 (\$209 -11week term)



Sunday

10.30am-12.30pm **Women's circle** w/ Clare 0406 596 565 (\$25 -6 weekly class)

Upcoming Workshops

Ili ili Hot Stone course w/Sue Lee (iliilistones.com.au for details)
Moving Forward In Your Relationship w/ Nic Morrey (www.integralpsychology.org)
Infant Massage Courses w/ Autumn (email: autumn@autumnretreat.com.au)

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

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