



Term 3 2017 Groups and Classes at Autumn RETREAT

17th July – 18th Sep

Bookings Essential



Monday

6pm-7pm **Gita Hatha Yoga** w/ Anita 0418 998 862 (POA- 10 week)

7.30pm-8.45pm **Kundalini Yoga** w/ Ange 0413 463 250 (\$180-10 week)



Tuesday

10 am- 11 am **Gita Style Hatha Yoga** w/ Anita 0418 998 862 (POA- 10 week)

4.30pm-5.30pm **Teen Yoga** w/ Anita 0418 998 862 (POA- 10 week)

6.00pm-7.15pm **Hatha Yoga** w/ Sarah 0402 681 424 (\$180- 10 week)

7.30pm-8.30pm **Pranaa Yoga** w/ Rachel W. 0406 783 418 (\$150-10 week)



Wednesday

9.30am-10.30am **Meditation** w / Angela (POA- 5weeks 23rd Aug-20th Sep)

7.15pm- 8.30pm **Hatha Yoga** w/ Francine 0425 832 272 (\$190- 10 week)



Thursday

6.00pm-7.15pm **Hatha Yoga** w/ Sarah 0402 681 424 (\$180- 10 week)

7.30pm-8.30pm **Pilates** w/ Melissa 0421 031 788 (POA- 9 weeks)



Friday

10am -11am **Gita Style Hatha Yoga** w/ Anita 0418 998 862 (POA- 10 week)

Saturday

8.00am-9.15am **Hatha Yoga** w/ Francine 0425 832 272 (\$190- 10 week)

Group room available for hire from 9.30am onwards 9416 9872

Sunday

Group room available for workshops and classes all day 9416 9872

*Group room available for hire, for more information email Autumn via
info@autumnretreat.com.au or 94169872*

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