

Term 4 Groups and Classes at Autumn RETREAT 3rd October- 20th December

Monday



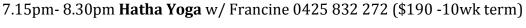
6pm-7pm **Gita Style Hatha Yoga** w/ Anita 0418 998 862 (\$185 -10wk term) 7.30pm-8.45pm **Kundalini Yoga** w/ Ange 0413 463 250 (\$180 -10wk term)

Tuesday



4.30pm -5.30pm **Teen Yoga** w/ Anita 0418 998 862 (\$136 - 8week term) 6.00pm -7.15pm **Hatha Yoga** w/ Sarah 0402 681 424 (\$175 -10wk term) 7.30pm -8.30pm **Pranaa Yoga** w/ Rachael W. 0406783418 (\$100-5wk term) 7.30pm - 8.30pm **Meditation** w/ Rachael M. 0431 290 174 (\$100 -5wk term)

Wednesday





Thursday

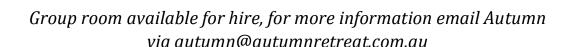
6.00pm-7.15pm **Hatha Yoga** w/ Sarah 0402 681 424 (\$175 -10wk term) 7.30pm-8.30pm **Pilates** w/ Melissa 0421 031 788 (\$185 term or \$20 casual)

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 (\$190 -10week term) 9.45am -11.15am **Guided Meditation** w/ Lee 0400 319 202 (\$175 - 7week term)



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