



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

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



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)



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

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