



Yoga

in Daily Life

A non profit Organisation
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October 2017

Day	Time	Class/Courses* <i>booking required for courses</i>
Mon	07.00 - 8.30 pm	Level 3 - 4 - 5
Tue	06.30 - 07.30 am	Sunrise Yoga (lvl 2 - 3)
	09.30 - 10.45 am	Gentle yoga, <i>Suitable for Beginners</i>
	05.00 - 06.00 pm	Level 2 - 4
	06.30 - 08.00 pm	Level 2
Wed	10.00 - 11.10 am	Discount Yoga 10\$, <i>Suit. for Beginners</i>
	06.30 - 08.00 pm	Level 3 (Beginners Course 1/11)
Thu	06.30 - 07.30 am	Sunrise Yoga (lvl 2 - 3)
	05.00 - 06.00 pm	Back & Neck Care, <i>Suit. for Beginners</i>
	06.30 - 08.00 pm	Beginners Course / Level 1 - 2
Fri	09.30 - 10.45 am	Level 1 - 2, <i>Suitable for Beginners</i>
Sat	09.00 - 10.30 am	Level 2 - 3
	10.45 - 12.00 pm	Prenatal Yoga
	04.00 - 05.30 pm	Level 2
	05.45 - 06.15 pm	Guided Meditation, <i>for free</i>
Sun	09.00 - 10.15 am	Level 1 - 2, <i>Suitable for Beginners</i>

Classes

Casual class 60 min

Price

\$14/\$12

Casual class 75/90 min

\$17/\$14

10 class card

\$140/\$120

Unlimited Passes

2 weeks unlimited for new students

1 month unlimited

3 month unlimited

1 year unlimited

Price

\$35

\$125/\$100 (*115/*90)

\$310/\$270

\$1100/\$950

 (09) 550 80 40

*concession for automatic payment