

Williamstown Yoga Timetable: 16 January - 15 April 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		6.30 - 7.30am Hatha Yoga (Mark)					
			7 - 8am Sunrise Yoga (Ron) \$12 donation		7 - 8am Hatha Yoga (Penne)		
					8.30 - 9.45am Calma Yoga (Susanne)		
	9.30 - 10.45am Hatha Yoga (Cherie)	9.30 - 10.45am Body, Breath & Mind (Deb)	9.30 - 10.50am Creative Dance+ Toddler (Pam)	9.30 - 10.30am Calma Yoga (Susanne)		9.30 - 10.45am Hatha Yoga (Mark)	
		Yoga Therapy & Private Classes Available (Deb) **Bookings Essential		Yoga Therapy & Private Classes Available (Deb) **Bookings Essential	10 - 11.15am Hatha Yoga (Fiona)		
11 - 12.15pm Restorative Yoga (Deb)			11 - 12pm Creative Dance+ 3yrs (Pam)			11.30 - 12.45pm Pregnancy Yoga (Jodie)	
2 - 3pm Creative Dance+ 4-6yrs (Pam)							
4.15 - 5.15pm Childrens Yoga+ 5-10yrs (Pam)							
	4.40 - 5.40pm Teen Yoga+ (Pam)						
6 - 7.15pm Hatha Yoga (Fiona)	6 - 7.15pm Gita Yoga (Cherie)	6 - 7.15pm Hatha Yoga (Mark)	6.15 - 7.15pm Beginner's Yoga (Gina)				
7.30 - 8.30pm Beginner's Yoga (Gina)	7.30 - 8.30pm Restorative Yoga (Deb)	7.30 - 8.45pm Pregnancy Yoga (Jodie)	7.30 - 8.45pm Gita Yoga (Cherie)		+ School Term Only		

Fiona 0431 080 157
 Deb 0448 978 818
 Jodie 0404 225 931
 Cherie 0407 553 146
 Ron 0411 723 669

Susanne 9397 3015
 Pam 9391 3252
 Gina 0401 222 839
 Mark 0412 516 470
 Penne 0434 170 287

All our classes are suitable for beginners and those with some yoga experience. We encourage everyone to practise at their own pace and we cultivate a community free of competition and ego driven goals.

For more information about the different styles/classes, go to:
www.williamstownyoga.com.au
 or phone the class teacher.

Please arrive 5-10 minutes prior to class commencement and wear light, loose, comfortable clothing.

Our studio is equipped with yoga mats, blankets, bolsters, straps, blocks, chairs, air-conditioning/heating and change facilities.

Casual Class (75 minutes): 20/16
 (60 minutes): 18/15
 10 Class Pass (one teacher): 160/140
 (Cash/Cheque only)

No bookings necessary for any of our classes.

