



Yoga Schedule November 2019

LIMITED SPACES-BOOKING ESSENTIAL FOR ALL CLASSES – (07) 825-8268

All classes are suitable for beginners and beyond!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
October 28 Ecstatic dance 12-2pm DJ Herman Siaz	29 Self practice	30 10am Hatha flow	31 10am Hatha flow	November 1 5:30pm Hatha	2 9am Vinyasa Flow 5:30pm Hatha	3 9am Hatha
4 Self practice	5 10am Morning Flow	6 10am Hatha flow	7 10am Hatha flow 5:30pm Evening Flow	8 5:30pm Hatha	9 9am Vinyasa Flow 5:30pm Hatha	10 9am Hatha
11 Self practice	12 10am Morning Flow	13 10am Hatha flow	14 10am Hatha flow 5:30pm Evening Flow	15 5:30pm Hatha	16 9am Vinyasa Flow 5:30pm Hatha	17 9am Hatha
18 Self practice	19	20	21 10am Hatha flow 5:30pm Evening Flow	22 5:30pm Hatha	23 9am Vinyasa Flow 5:30pm Hatha	24 9am Hatha 3:30-5:30pm DJ Anirvan - ** Ecstatic dance
25 Self practice	26 10am Morning Flow	27	28 5:30pm Evening Flow	29 5:30pm Hatha	30 9am Vinyasa Flow 5:30pm Hatha	December 1 9am Hatha

** Unless otherwise stated all Yoga Classes are 75 minutes in duration. Cost is \$15 per class **

**Concession Cards Available: \$100 for 10 classes, \$36 for 3 classes*

***Ecstatic dance class, suggested \$15 koha – two hours!*