

Yoga Classes

TERM 4

9th October - 16th December 2017

All levels welcome

General Hatha Yoga

Monday 5-6.30pm

Tuesday 10-11.30am & 5-6.30pm

Wednesday 4.15-5.15pm & 7-8.30pm

Thursday 9-10.30am & 5-6.30pm

Saturday 8-9am



Ashtanga Vinyasa Yoga

Tuesday & Thursdays 6-7.30am

Mens Yoga

Wed 8.30-9.30am

Yin Yoga

Tuesday - 7-8.30pm

1.5 hour class - 10 Week Term \$140

- Casual Class \$16

1 hour Class - 10 week term \$100



HOSPICE OF MOTHER TARA

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