

Tara Yoga

Term 3 2018

Mon 16th July - Fri 20th Sept

All levels welcome

General Hatha Yoga

Monday **3.15-4.15 ***, 5-6.30pm

Tuesday 10-11.30am & 5-6.30pm

Wednesday 7-8.30pm

Thursday 9-10.30am & 5-6.30pm

Ashtanga Vinyasa Yoga

Thursdays 6-7.30am

Mens Yoga

Wed 8.30-9.30am

Yin Yoga

Tuesday - 7-8.30pm

*** New Class– Over 55's gentle introduction to yoga**

1.5 hour class - 10 Week Term \$140

- Casual Class \$16

1 hour Class - 10 week term \$100

- Casual Class \$12

Membership & Concessions Apply



HOSPICE OF MOTHER TARA

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