

Tara Yoga

Term 1 2019

Mon 4th Feb - Fri 12th April

All levels welcome

General Hatha Yoga

Monday 5-6.30pm

Tuesday 10-11.30am & 5-6.30pm

Wednesday 7-8.30pm

Thursday 9-10.30am & 5-6.30pm

Ashtanga Vinyasa Yoga

Tues & Thurs 6-7.30am

Yin Yoga

Tuesday - 7-8.30pm

Gentle Yoga

Monday 10-11:30am

Mens Yoga

Wed 8.30-9.30am

1.5 hour class - 10 Week Term \$140 / Casual Class \$16

1 hour Class - 10 week term \$100 / Casual Class \$12

Membership & Concessions Apply

Meditation

Wed - 10-11:15am

Wed - 5:45 - 6:30pm

Sun - 9 - 10am *Mediations are by donation & no need to book.*

NEW



HOSPICE OF MOTHER TARA

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