

<u>Time</u>	Activity and Style	Instructor	Contact
<b>MONDAY</b>			
9.30 am - 11.00	Align Yoga Awaken : Beginners & All levels	Osheani Rainbow	0423 971 760
7.00 pm - 9.00 <b>Meditation Room</b>	Meditation & Buddhism Explored	Paul Beard	9739 2256
5.30 pm - 6.45	ALIGN YOGA BASICS - BEGINNERS - <b>BOOK NOW</b>	Osheani Rainbow	0423 971 760
<b>TUESDAY</b>			
10.00 am - 11.30	Yoga - HATHA Beginners and all levels.	Justine Eldin	9534 4057
5.30 pm - 7.00	Yoga : IYENGAR STYLE- beginners & all levels <b>BOOKINGS REQUIRED</b>	Kim White	9527 6449
<b>WEDNESDAY</b>			
9.30am - 10.30	Align Yoga : Core Awareness	Osheani Rainbow	0423 971 760
5.30 pm - 7.00	Align Yoga Power : VINYASSA Level 2/3	Osheani Rainbow	0423 971 760
7.15pm - 8.45	Fundamentals to Yoga - Basic - <b>BOOK NOW</b>	Osheani Rainbow	0423 971 760
7.30 pm - 9.00 <b>Meditation Room</b>	<b>MEDITATION</b> Regulars Class	Paul Beard	9739 2256
<b>THURSDAY</b>			
10am - 11.30am	PREGNANCY YOGA *****New*****	JOANNE HALL	0421 521 597
5.30 pm - 7.00	Align Yoga Awaken Beginners & All levels <b>BOOK NOW</b>	Osheani Rainbow	0423 971 760
7.15 pm - 8.45	Align Yoga Power VINYASSA Level 1/2	Osheani Rainbow	0423 971 760
<b>FRIDAY</b>			
10.00 am - 11.30	Yoga : HATHA Beginners and all levels	Justine Eldin	9534 4057
<b>SATURDAY</b>			
7.00 am - 8.30	Align Yoga Power VINYASSA all levels	Osheani Rainbow	0423 971 760
8.45am - 10.00	AWAKEN - Beginners and all levels	Osheani Rainbow	0423 971 760
<b>SUNDAY</b>	<b>MONTHLY - 1st Sunday of the month</b>		
NOON - 1PM	SOUND HEALING SESSION - Massage of sound Quiet Cone Gongs	Paul Fletham	9534 9919