

MANDURAH YOGA & MEDITATION

<u>Time</u>	Activity and Style	Instructor	Contact
MONDAY			
9.30 am - 11.00	CORE YOGA : Beginners/General	Osheani Rainbow	0423 971 760
5.30 pm - 6.45	CORE YOGA - Beginners/General - Booking Required	Osheani Rainbow	book on line www.alignbodymindsoul.com.au
7.00 pm - 9.00 <i>Meditation Room</i>	Meditation & Buddhism Explored	Paul Beard	9739 2256
TUESDAY			
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	Kim White	9527 6449
7.30 pm - 9.00 <i>Meditation Room</i>	MEDITATION Newcomers & Regulars Class	Paul Beard	9739 2256
WEDNESDAY			
9.30am - 10.30	CORE Awareness Beginners/General	Osheani Rainbow	0423 971 760
5.30 pm - 7.00	CORE POWER Experienced level Only	Osheani Rainbow	book on line www.alignbodymindsoul.com.au
7.15pm - 8.45	BEGINNERS YOGA - Bookings Required	Osheani Rainbow	0423 971 760
THURSDAY			
5.30 pm - 7.00	CORE YOGA - General class	Osheani Rainbow	0423 971 760
7.15 pm - 8.45	CORE POWER YOGA - General Class	Osheani Rainbow	0423 971 760
FRIDAY			
10.00 am - 11.30	Yoga : HATHA Beginners and all levels	Justine Eldin	9534 4057
SATURDAY			
7.30 am - 9.00	CORE POWER General Class NB: New Start time June 4	Osheani Rainbow	0423 971 760
9.00am - 10.30	CORE YOGA - Beginners/General	Osheani Rainbow	book on line www.alignbodymindsoul.com.au