

Yoga Timetable

Next 8-Week Yoga Term Begins on 14 January 2008

Monday	Tuesday	Wednesday	Thursday	Friday
10am * General - Bobi Ward	9.30am Preg/Post Natal - Ruth Barrett-Lennard	9.30am Beginners - Angela Perkins	9.30am Over 55's/Beginners - Jill Phillips	9.30am Beginners/ General - Maryke Loren
4.30pm * General - Jane Maw	4.30pm Beginners - Julie Wilkinson	4.30pm * Intermediate - Donna Deeley	4.30pm Beginners - Tash Kneebone	
6.30pm Beginners - Gail Marlow	6.30pm * General - Joanna Haines	6.30pm Beginners - Tony Holmes	6.30pm * Ananda Bindu Satyananda yoga	6pm Feldenkrais/Yoga - Jim Farrell

For all classes marked with a * 12 months previous experience is required.

Fees:

Eight Week Term: One class per week \$80/\$60; Two per week \$120/\$90; Three per week \$160/\$120

Casual: One class \$14/\$12

Concession rates apply to members and concession card holders. Membership is \$35 for 6 months or \$55 for 12 months and includes subscription to the monthly magazine.

Yoga mats are supplied but please bring your own towel or cloth to cover the mat