

# West end yoga studio the yoga den



43 Vulture Street  
www.theyogaden.com.au

## Term 1 - 12/1/09 to 9/4/09

Monday	General Class	Kay	7.30am - 9.00am
	General Class	Kate	10am - 12.00noon
	Beginners Class	Kate	6.30pm - 8.00pm
Tuesday	Menses to Menopause	(beg 3rd) Haydie	9.30am - 11am
	Level II/Advanced	Kate	6.00pm - 8.00pm
Wednesday	Beginners Class	Anna	10am - 11.30am
	Beginners Class	Kate	6.30pm - 8.00pm
Thursday	General Class	Kate	6.30pm - 8.00pm
Friday	Level II/Led practice	Kate	6.00am - 8.00am
	General Class	Kay	6.30am - 8.00pm
Saturday	General	Anna	8.00am - 9.30am
Sunday	General Class	Kate	9.30am - 11.30am

\*Please check workshop dates as weekend class times or venue may alter on these occasions.

### Prices

1.5 hour \$15 or \$12 conc, 2 hour \$17 or \$14 conc

Led practice \$10

10 week block cards available \$130 (1hr) or \$150 (2hr)

The studio is fully equipped, no need to book

For further information call Kate on 3892 5512 or email: [katepelican@optusnet.com.au](mailto:katepelican@optusnet.com.au)

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## Up and coming workshops 09

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Clive Sheridan

25th - 26th April

Donna Farhi Workshop

1st - 6th May

Simon Borg-Olivier

4th-6th September

## Studio information

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- No weekday morning classes over the school holidays
- All are welcome to attend Beginners and General classes
- Check with Kate re attending Level II/Advanced classes
- Classes begin on time; please arrive no earlier than 15mins before class. Wait quietly for doors to open.
- Wear comfortable clothing that allows unrestricted movement.
- All classes are done barefoot.
- Bring an open mind, a sense of humour and a gentleness of spirit.
- Please arrive on time, plan ahead, so as not to disrupt the class by arriving late. This is truly appreciated by all.