

# West end yoga studio the yoga den



43 Vulture Street  
www.theyogaden.com.au

## Term 1 - 11th Jan to 1st April 2010

Monday	General Class	Kate	10am - 12noon
	Beginners Class	Kate	6.30pm - 8.00pm

Tuesday	Yoga Pilates (beg 9 Feb)	Divo	8.00am-9.15am
	Woman's Yoga	Haydie	9.30am - 11.00am
	Beginners	Mal	12.30pm - 2.00pm
	Advanced Led prac (TT & exp only)	Kate	6.00pm - 8.00pm

Wednesday	Beginners Class	Anna	10am - 11.30am
	Men's Class	Mal	4.30pm - 6.00pm
	Beginners Class	Kate	6.30pm - 8.00pm

Thursday	General Class	Haydie	9.30am - 11.00am
	General Class	Kate	6.30pm - 8.00pm

Friday	Advanced Led prac (TT & exp only)	Kate	6.00am - 8.00am
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Saturday	General	Anna	7.00am - 8.30am
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Sunday	General Class	Kate	9.30am - 11.30am
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\*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

Ad Led practice \$12

10 week block cards available \$130 (1.5hr) 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

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## Up coming workshops

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'Yoga Presence' Teacher Training, Begins February 16th 2010

Yoga Therapy - Simon Borg-Olivier

March 20-21 & March 27-28

Yoga Philosophy - Kate & Zara, April 17th

Clive Sheridan - April 24th/25th

## Studio information

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- All are welcome to attend Beginners and General classes
- Check with Kate re attending Advanced Led practices
- 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.
- Please check website for workshops times as occasionally classes need to be cancelled.