

West end yoga studio the yoga den



43 Vulture Street
www.theyogaden.com.au

July thru to 22nd December 2010

Monday	General Class	Kate	10am - 12noon
	Beginners Class	Kate	6.30pm - 8.00pm
Tuesday	Woman's Yoga	Haydie	9.30am - 11.00am
	Advanced led practice		6.00pm - 8.00pm
Wednesday	Beginners Class	Zara	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 practice	Kate	6.00am - 8.00am
	General Class	Mal	9.30am - 11.00am
Saturday	General	Kate	8.00am - 9.30am
Sunday	General Class	Camille	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

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

Yoga Philosophy in Practice

Peter Douglas - 3rd & 4th July

Yoga Presence Teacher Training

Begins February 2011

www.yogapresence.com.au

Studio information

- 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.