

The Yoga Centre

129 Mulgrave Road

TIMETABLE – TERM 3 2010

(12 JULY TO 18 SEPTEMBER)

MONDAYS

(C) **Iyengar Beginners** 4:00pm – 5:15pm
Iyengar Level 2 5:30pm – 7:15pm

TUESDAYS

Iyengar Level 1 10:00am – 11:30am (*term*)
Iyengar Level 1 6:00pm – 7:30pm

WEDNESDAYS

*(C) **Ashtanga** 6:00am – 7:45am (*Katrina*)
*(C) **Get Stretched** 5:30pm – 7:00pm (*term*)
(C) **Iyengar Beginners** 7:15pm – 8:30pm

THURSDAYS

Iyengar General 10:00am – 11:30am (*term*)
Iyengar General 6:00pm – 7:30pm

FRIDAYS

***Ashtanga** 5:30pm – 7:30pm (*Oliver*)

SATURDAYS

Iyengar Level 1 8:30am – 10:00am
(C) **Iyengar Beginners** 10:30am – 11:45am
***Ashtanga** 12:00 – 1:30pm (*Katrina*)

SUNDAYS

Ashtanga 9:30am–11:30am (*Oliver*)

**Not included in Class Passes*
(C) *Term Courses*

Be mindful of your body

Fee Schedule

Casual \$15.00 per class

5-class pass \$65.00 (*valid 3 months*)
10-class pass \$125.00 (*valid 3 months*)

Monthly passes

\$85.00 (*2 classes per week*)
\$100.00 (*3 classes per week*)

Term Courses \$130.00



Weekend Retreat

@ **Sanctuary Retreat, Mission Beach**

Friday 17 September – Sunday 19 September

Beautiful surrounds, fabulous food
and Iyengar Yoga with Jan Watson

*Telephone or email to make a
booking for courses.*

Health Rebates available

Contact Jan Watson

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web: www.yogac.com.au