

YOGA NOOK 2016 JANUARY HOLIDAY TIMETABLE



Mon	Tue	Wed	Thu	Fri	Sat	Sun
4	5	6	7	8	9	10
Led practice Open level 6.30-8am (\$85) Thomasin					10 -11.30am 4 - 5.30pm Beginner workshop (\$45) Linda (min 5)	
11	12	13	14	15	16	17
Morning Intensive Asana & Pranayama 6.00-8am (\$120) Linda (minimum 8)						
6.30-8pm Level 1 class (\$22) Thomasin	6.30-8pm Level 2 class (\$22) Linda					
18	19	20	21	22	23	24
6.30-8pm Level 1 class (\$22) Catharine	6.30-8pm Level 2 class (\$22) Erik			Weekend Intensive 6-8pm Linda	Weekend Intensive 10-12 & 4-6pm Linda \$120 (minimum 8)	Weekend Intensive 10-12 Linda
25	26	27	28	29	30	31
					Term 1 starts	

** To attend a class/workshop where a minimum number of student is specified, please call 9550 9155 and leave a message to enroll