

# YOGA NOOK DECEMBER 2018 HOLIDAY TIMETABLE



Mon	Tue	Wed	Thu	Fri	Sat	Sun
18 Normal schedule Term 4	19 Normal schedule Term 4	20 Normal schedule Term 4	21 Normal schedule Term 4	22 10-11.30am Open class (\$23) Thomasin End of Term 4	23 10-11.30am Open class (\$23) Linda	24
25	26	27	28	29	30	31

# YOGA NOOK JANUARY 2019 HOLIDAY TIMETABLE



Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5 10-11.30am Open class (\$23) Jean	6
7	8	9	10	11	12	13
Intensive 6.00-8.00am (\$150) Linda						
					10-11.30am Open class (\$23) Catherine	
14	15	16	17	18	19	20
Early Morning Led Practice Intensive 6.30-8am (\$100) Thomasin						
4.30-5.30pm Teens & Tweens (\$15 or 3 for \$36) Jo			10-11.30am beginners (\$23) Jo		10-11.30am Open class (\$23) Catherine	
6.30-8pm Open class (\$23) Erik		6.30-8pm Open class (\$23) Erik				

# YOGA NOOK JANUARY 2019 HOLIDAY TIMETABLE (CONT.)



Mon	Tue	Wed	Thu	Fri	Sat	Sun
21	22	23	24	25	26	27
Personal Practice Program 6.30-8am (\$120) Linda						
4.30-5.30pm Teens & Tweens (\$15) Jo			10-11.30am beginners (\$23) Jo		10-11.30am Open class (\$23) Jean	
6.30-8pm Open class (\$23) Erik		6.30-8pm Open class (\$23) Erik			Australia Day retreat (\$750) Linda	
28	29	30	31	1	2	
4.30-5.30pm Teens & Tweens (\$15) Jo	Led practice 6.30-8am (\$80) Linda					Term 1 starts
6.30-8pm Open class (\$23) Annette		6.30-8pm Open class (\$23) Annette	10-11.30am beginners (\$23) Jo			
Australia Day retreat						

\* \$200 for Holiday Timetable 10 class pass (excluding intensives/workshop)

Open class : suitable for anyone attending classes at the Yoga Nook, as well as people who have done other styles of yoga

Beginners/Open : suitable for beginners and those happy with a foundation class

Led Practice : somewhere between a class and a home practice, the teacher leads students in a sequence