

Christmas – New Year Closure

22 December 2011 – 1 January 2012

Classes resume 2 January

No need to book for Intro and Prelude classes



Class levels

Introduction

Level 1

Level 2

Summer Timetable

19 December 2011 – 21 February 2012

	Monday	Tuesday	Wednesday	Thursday	Fri	Saturday	Sunday
6.00 – 7.15 am	<i>Cultivating self practice</i> BOOKING REQUIRED Penny		<i>Prelude</i> Level 2 CLASS Tash				
9.30 – 10.45 am						<i>Prelude</i> Level 1 CLASS Penny	
11.00am – 12.15 pm						<i>Introduction to Shadow Yoga</i> CLASS Penny	
6.00 – 7.15 pm except <i>Level 1 prelude</i> 6.30 – 7.45pm	<i>Prelude</i> Level 1 CLASS Tash 6.30-7.45pm	<i>Prelude</i> Level 2 CLASS Penny	<i>Introduction to Shadow Yoga</i> CLASS Penny	<i>Prelude & asana</i> Level 2 CLASS Penny			

Class levels

Introduction – for those new to yoga or coming from other Hatha Yoga styles

Level 1 – for those who have complete 3 months of introductory level classes

Level 2 – for those who have completed 12 months of Level 1 classes and are maintaining a regular practice

VENUE Classes are held at 220A Norton St Leichhardt (opposite Pioneer's Memorial Park)

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