



Yoga Calendar

Dec 17/Jan 18

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
4	5 6:30 - 7:30 pm	6	7 5:30 - 6:30 pm	8	9	10
Away for CHRISTMAS til Jan!!!						
1	2 6:30 - 7:30 pm	3	4 5:30 - 6:30 pm	5	6	7
8	9 6:30 - 7:30 pm	10	11 5:30 - 6:30 pm	12	13	14
15	16 6:30 - 7:30 pm	17	18 5:30 - 6:30 pm	19	20	21
22	23 6:30 - 7:30 pm	24	25 5:30 - 6:30 pm	26	27	28
29	30 6:30 - 7:30 pm	31				

CLASSES ARE HELD AT OUR LOCATION:

- **Charities House, 25 Point Finger Road, Paget**
 - Ground Floor Board Room, down the right hallway, second door on the right.
- All levels of experience WELCOME!
- If you have a mat bring it – those who don't, we have spare mats.
- Payment will be collected after class – *exact cash or details provided for online transfer.*
- *Drop in rate - \$20.00 Or Block of 10 classes, no expiry date - \$160.00 (\$40.00 Savings!)*
- Transfer can be made to myself, Beth Hollis at **HSBC: 011-033644-011**

Please feel free contact me if you have any questions. Private sessions available.

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