

104 Maitland Road
ISLINGTON 2296




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www.newlivingyoga.com.au

SUMMER 2012 - January 9 - March 26

Affiliate SATYANANDA YOGA® Academy 7982

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO CLASS ON			Level 1a 10.00 - 11.15		Level 1a 9.00 - 10.15
MON FEB 6TH		Level 1a/b 10.00 - 11.15			Level 2 10.30 - 12.00
Level 1a/b 5.30 - 6.45	Yoga Nidra Open Class 5.30 - 6.30	Level 1b Stretch and Strengthen 5.30 - 7.00	Pre-natal 5.30 - 6.45	Restorative Open Class 5.30 - 6.45	
	Level 1a 6.45 - 8.00				

Introductory Offer

Unlimited Classes - 4 weeks for \$60 - Available only to new students