




new living yoga

104 Maitland Road, ISLINGTON

Tel: 4962 1208 - www.newlivingyoga.com.au

Weekly timetable - **SUMMER** Commencing January 11, 2010

Affiliate SATYANANDA YOGA® Academy 7982

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Meditation Open Class 8.00 - 8.45				
	Level 1a/b 9.00 - 10.15				Level 1a 9.00 - 10.15
	Pre-natal 10.30 - 11.45				Level 2 10.30 - 12.00
Level 1a 5.30 - 6.45	Yoga Nidra Open Class 5.30 - 6.30	Pre-natal 5.30 - 6.45	Level 1b Stretch and Strengthen 5.30 - 7.00	Restorative Open Class 5.30 - 6.45	 SATYANANDA YOGA Affiliate SYAA 07982
Level 2 7.00 - 8.30	Level 1a 6.45 - 8.00	Level 1b 7.00 - 8.15			

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Introductory Offer

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