



# *new living yoga*

104 Maitland Road, ISLINGTON

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[www.newlivingyoga.com.au](http://www.newlivingyoga.com.au)

Weekly timetable as at 18 August 2008

Check website for changes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Level 1b 10.30 - 12.00	Pre-natal 10.45 - 12.00			Level 1a 9.00 - 10.15
Level 1a 5.30 - 6.45	Yoga Nidra 5.30 - 6.30	Pre-natal 5.30 - 6.45	Level 2 Stretch and Strengthen 5.30 - 7.00	Level 1b 5.30 - 6.45	Level 2 10.30 - 12.00
Level 1b 7.00 - 8.15	Level 2 6.45 - 8.15	Level 1a 7.00 - 8.15			

## **Introductory Offer**

Unlimited Classes 4 weeks for only \$50

Applies to all Level 1a, Yoga Nidra and Pre-natal classes

Available to new students only