


| Mon | Tues | Wed | Thur | Fri | Sat | Sun |
|--|-----------------------------------|-----------------------------------|------------------------------------|-------------------------------------|---|--|
| | 6:15-7:30am Jamie General | | | |  International Yoga Teachers Association | |
| 7:30-8:30am Nellie Dance Fitness | | | | | | 9-10:30am Barbie/Emma 3 week rotation General |
| | | 9-10am Nellie Dance Fitness | 9:30-10:30am Sarah Slow Flow | | | |
| 10-11:30am Patsy General | | | | | | |
| | 5:45-6:45pm Vanessa Balance | | | 5:30-6:45pm Patsy Restorative | | |
| 6-7:15pm Jamie General | | 7-8pm Saraid Vinyasa Flow | | | | |

Barbie - 0427 527 212
 Vanessa - 0429 671 622
 Jamie - 0418 859 013
 Emma - 0438 858 680
 Patsy - 0438 831 170
 Saraid - 0428 827 379
 Sarah- 0458 553 385
 Carly - 0416 743 543
 Nellie - 0499 094 477

Email - ppsy5606@gmail.com

Yoga Class Fees \$15 / \$13 concession

Contact Emma regarding Beginners, Prenatal and Post Natal class options

Studio Room Nautilus Art Centre
 Washington Street, Port Lincoln

Entry shared with Country Arts SA and the Green Room



portlincolnschoolofyoga



www.portlincolnyoga.com

