Mon	Tues	Wed	Thur	Fri	Sat	Sun
	6:15-7:30am Jamie General				International Yoga Teachers Assocation	
			9:30-10:30am Sarah Slow Flow		9-10:30am Barbie/Emma 3 week rotation General	
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				

2 June 2021

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

Email - plsy5606@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