


Mon	Tues	Wed	Thur	Fri	Sat	Sun
	6:15-7:30am Jamie General				 International Yoga Teachers Association	
			9:30-10:30am Sarah Slow Flow			9-10:30am Emma General
10-11:30am Patsy General						
	5:45-6:45pm Vanessa Balance		5.45-6.45pm Sarah Slow Flow	5:30-6:45pm Patsy Restorative		
6-7:15pm Jamie General		6-7.15pm Barbie General				
			7.15-8.15pm Sarah Pranayama Block			
				9 September 2021		

Barbie - 0427 527 212
 Vanessa - 0429 671 622
 Jamie - 0418 859 013
 Emma - 0438 858 680
 Patsy - 0438 831 170
 Haley - 0427 377 286
 Sarah- 0458 553 385

Email - palsy5606@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

