


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					Sat 29th January 10am-1pm Passion Purpose & Peace Workshop Lucilla - Joy Yoga	Singing Bowl Meditation Monthly/bi-monthly Various dates Sat or Sun 2-4pm contact Emma
					Barbie - 0427 527 212 Vanessa - 0429 671 622 Jamie - 0418 859 013 Emma - 0438 858 680 Patsy - 0438 831 170 Sarah - 0458 553 385 Michael - 0400 366 228	
3.45-4.45pm Emma Kids Yoga <small>Blocks in School Term</small>	5:45-6:45pm Vanessa Balance	6-7.15pm Barbie General	5.30-6.30pm Sarah Slow Flow	5:30-6:45pm Patsy Restorative		
6-7:15pm Jamie General	7.30-9pm Michael Cheesman Breath Workshop Block then ongoing class		7-8pm Sarah Breath for Life Breathwork Series 6 week block		Summer January 2022	

Email - palsy5606@gmail.com

Yoga Class Fees \$15 / \$13 concession - Bookings Essential
 Please contact teachers directly to book a class, workshop or for information
 Contact Emma for Beginners, Prenatal, Post Natal, Kids & Singing Bowl class options
 Please contact Michael via text to register for breath workshops & classes

Studio Room Nautilus Art Centre
 Washington Street, Port Lincoln

  portlincolnschoolofyoga

 www.portlincolnyoga.com

