


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						Singing Bowl Meditation Monthly/bi-monthly Various dates Sat or Sun 2-4pm contact Emma
		5-6pm Sarah ONLINE Slow Flow			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 Email - plsy5606@gmail.com	
3.45-4.45pm Emma Kids Yoga Blocks in School Term	5:45-6:45pm Vanessa Balance		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	6-7.15pm Barbie General	7-8pm Sarah Breath for Life Breathwork Series 6 week block			
				Summer February 2022		

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

