


Mon	Tues	Wed	Thur	Fri	Sat	Sun
	6:15-7:30am Jamie General				 <p>International Yoga Teachers Association</p> <p>Autumn Timetable March 2023</p>	
					9-10:30am Emma General	
10-11:30am Patsy General					March 25th & May 6th 2-4pm Singing Bowl Meditation* Emma	
				Friday Evening Speciality Class /Workshops* Announced on social media Jamie Myofascial Release 5.30pm May 5th, 12th, 19th & 16th Emma Singing Bowl Meditation 6.30pm June 16th	Barbie - 0427 527 212 Vanessa - 0429 671 622 Jamie - 0418 859 013 Emma - 0438 858 680 Patsy - 0438 831 170 Sarah - 0458 553 385 Talia - 0474 892 133 Email - ppsy5606@gmail.com	
	5:45-6:45pm Vanessa Balance		5.30-6.30pm Sarah Slow Flow BLOCKS*			
6-7:15pm Jamie General	7.15- 8.15pm Talia Mat Pilates	6-7.15pm Barbie General	7-8pm Sarah Beginners BLOCKS*			

Yoga Class Fees \$15 / \$13 concession - Bookings Essential
 Please contact teachers directly to book a class or for information
 *All block & speciality classes please contact teacher for dates & bookings

Studio Room Nautilus Art Centre
 Washington Street, Port Lincoln

