



blue body
buddha sanctuary

28th December 2020

<u>Monday</u>	<u>Tuesday</u>	<u>Wed</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Sunrise Yoga 6:00-7:30am Judith	Sunrise Yoga 6:00-7:30am Vedam	Sunrise Yoga 6:00-7:30am Vedam	Sunrise Yoga 6:00-7:30am Vedam	CLOSED	
				Happy New Year	Yoga 7:00am Judith/Vedam
Yoga 5:15-6:30pm Vedam	Yoga 5:15-6:45pm Judith	CLOSED	Yoga 5:15-6:45pm Judith	CLOSED	

Morning Yoga 90 minute combination of standing and seated postures.

Evening Yoga – 90 minute gentle flow yoga

Saturday Morning Class teacher rotates weekly

YOGA ONLY - 10 CLASS PASS **\$150** (3 month expiry, no refunds) 90 minute **\$20**

Follow us on Facebook for weekly timetable updates, any last minute schedule changes along with workshop and alternative class info