



blue body
buddha sanctuary

Mon	Tues	Wed	Thurs	Fri	Sat
Sunrise Yoga 0600-0715	Sunrise Yoga 0600-715	Sunrise Yoga 0600-0715	Sunrise Yoga 0600-0715	Sunrise Yoga 0600-0715	
Yoga Asana 0730-0900	Yoga Asana 0730-0900	Yoga Asana 0730-0900	Yoga Asana 0730-0900	Yoga Asana 0730-0900	Yoga Asana 0730-0900
Alternate Yoga 1715-1815	Sunset Yoga 1715-1845		Sunset Yoga 1715-1845	Sunset Yoga 1715-1845	

Sunrise Yoga – 75 minute Sun Salutations and warming sequences to start your day

Yoga Asana – 90 minute combination of standing and seated postures

Alternate Yoga – a series of other yoga techniques, meditation, breathing, nidra etc.

Sunset Yoga – 90 minute gentle slow flow asana with emphasis on restoration

10 class pass for \$150 (3 month expiry, non-refundable) Casual 75 mins \$15 & 90min \$20 *cash only*

Check out our facebook page for last minute changes and teacher updates

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