



**blue body**  
buddha sanctuary

**AUGUST 31<sup>st</sup> – SEPTEMBER 5<sup>th</sup>**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga Asana 6:00 - 7:30am Vedam		Yoga Asana 6:00 - 7:30am Kaya		Yoga Asana 6:00 - 7:30am Kaya		
Yoga Asana 7:30 - 9:00am Vedam	Yoga Asana 7:30 - 9:00am Vedam	Yoga Asana 7:30 - 9:00am Kaya	Yoga Asana 7:30 - 9:00am Kaya	Yoga Asana 7:30 - 9:00am Kaya	Yoga Asana 7:30 - 9:00am Alternate Teachers	
Sunset Yoga 5:15 - 6:30pm Kaya	Sunset Yoga 5:15 - 6:45pm Vedam	Buddhist Group Meditation 5:30pm By donation	Sunset Yoga Cancelled for this week	Restorative Yoga 5:15 - 6:45pm Vedam		<b>Please note; Judith is taking an extended break from holding the 4pm Meditation sessions. We will keep you updated as to when classes resume!</b>

<b>Yoga Asana</b>	Combination of standing and seated postures	90 minutes	\$20
<b>Sunset Yoga</b>	Gentle flow yoga	90 minutes	\$20
<b>Saturday Class</b>	Teacher rotates weekly	90 minutes	\$20
<b>10 Class Pass</b>	Yoga only - 3 months expiry - not refund	90 minutes x 10	\$150

Follow us on [Facebook](#) for weekly timetable updates, any last-minute schedule changes along with workshops and alternative class info