



blue body
buddha sanctuary

Hot Season

Mon	Tues	Wed	Thurs	Fri	Sat
Yoga Asana 0600-0730	Yoga Asana 0600-0730	Yoga Asana 0600-0730	Yoga Asana 0600-0730	Yoga Asana 0600-0730	Yoga Asana 0700-0830
Alternate Yoga 1715-1815	Sunset Yoga 1715-1845		Sunset Yoga 1715-1845	Sunset Yoga 1715-1845	

Teaching Styles

Yoga Asana – 90 minute combination of standing and seated postures

Sunset Yoga – 90 minute gentle flow or yin based asana emphasis on restoration

Alternate Yoga -60 minute combination of 'other' yoga techniques, breathing, meditation, yoga nidra

10 class pass for \$150 (no refunds, 3 month expiry), **Casual classes 60 mins \$15 & 90 mins \$20** *cash only*

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