



blue body
buddha sanctuary

November 2020

<u>Monday</u>	<u>Tuesday</u>	<u>Wed</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
		Yoga 6-7:30am Kaya		Yoga 6-7:30am Kaya	
Yoga 7:30 -9:00am Judith	Yoga 7:30 -9:00am Vedam	Yoga 7:30 -9:00am Kaya	Yoga 7:30 -9:00am Kaya	Yoga 7:30 -9:00am Vedam	Yoga 7:30am Alternate Teachers
Yoga 5:15-6:30pm Vedam	Yoga 5:15-6:45pm Judith	Buddhist Group Meditation & Dharma Chat 5:15pm (donation)	Yoga 5:15-6:45pm Judith	Meditation Yoga 5:15-6:45pm Judith	

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