



blue body

buddha sanctuary

October

Mon	Tues	Wed	Thurs	Fri
Yoga Asana 0600-0730 Judith	Yoga Asana 0600-0730 Kaya	Yoga Asana 0600-0730 Kaya	Yoga Asana 0600-0730 Judith	Yoga Asana 0600-0730 Kaya
Alternate Yoga 1715-1815 Judith	Sunset Yoga 1715-1845 Judith		Sunset Yoga 1715-1845 Judith	Sunset Yoga 1715-1845 Kaya

Teaching Styles

Yoga Asana – 90 minute combination of standing and seated postures

Alternate Yoga – 60 minute class of 'other' yoga techniques, meditation, breathing, nidra

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

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

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