



Body and BREATH yoga centre

YOGA Classes 2009

MONDAY

4.00 – 5.15pm **Pregnancy Yoga**
Please book in

TUESDAY

5.30-6.45pm **Pregnancy Yoga**
Please book in

WEDNESDAY

9.30-10.45am **Pregnancy Yoga**
Please book in

11.15-12.30pm **Mum and Baby Yoga**
Please book in

5.30-6.45pm **Yoga Chi Gung**

THURSDAY

9.30-10.45am **Yoga Chi Gung**

SATURDAY

9.00-10.15am **Pregnancy Yoga**
Please book in

Price: \$14 - casual class
\$60 - 5 class pass

**Level 1, 55 Spence Street
(between Grafton & Sheridan Sts)
Ph: 0410 795 578 – 4031 0606
E: bodyandbreath@hotmail.com**