

# Waverley Yoga Studio

All classes are held at  
1st Floor, 6 The Highway  
Mt Waverley, VIC 3149

## Class schedule - Current Jan 31, 2010

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Unless otherwise stated, class times are for all levels

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.00-11.30am Beginner/gentle/ antenatal yoga	9.15-10.45am General yoga	9.15-10.45am Beginner/gentle/ antenatal yoga	Kids School Holiday yoga	10.00-10.45am Yoga & creative dance for kids	9.00-10.30am General yoga	9.30-10.30am Ongoing Meditation - practice & theory
11.45am-12.45pm Parent & baby yoga		11.00am-12.00pm Parent & baby yoga		11.00am-12.30pm Renew & Restore Yoga		10.30am-12.00noon General yoga
	2.00-3.30pm Renew & restore yoga	4.30 - 5.30pm Children's yoga course next 6week course starts: Feb 10, April 28, July 28, October 13			Breathing workshops	
6.00-7.30pm Beginners yoga course next 8 week course starts: Feb 1, April 19, July 26, October 11	6.00-7.30pm General yoga	6.15-7.15pm Learn to meditate course - 8 steps to stillness next 8 week course starts: Feb 3, April 21, July 28, October 13	6.00-7.30pm General yoga	6.00-7.30pm Beginner/gentle yoga		
7.30-9.00pm General yoga	7.30-9.00pm General yoga	7.30-9.00pm General yoga				