

Waverley Yoga Studio

Waverley Yoga Studio
1st Floor, 10 Hamilton Place, Mt Waverley VIC 3149

Please note: From Sunday 8 June
all classes will be held at our new studio at
1st Floor, 6 The Highway, Mt Waverley, VIC 3149

T: 9803 8857 | M: 0439 632 178
E: sally@waverleyyoga.com.au

Class schedule - Current May 26, 2008

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 next 8 week courses start: July 25 Oct 10	9.00-10.30am General yoga	9.30-10.30am Meditation & yoga philosophy (ongoing)
11.45am-12.45pm Parent & baby yoga		11.00am-12.00pm Parent & baby yoga		11.00am-12.30pm Renew & Restore Yoga classes start: June 6		10.30am-12.00pm General yoga
			2.00-3.30pm Yoga for breast cancer		Breathing workshops	
6.00-7.30pm Beginners yoga course next 8 week courses start: July 21 Oct 13	6.00-7.30pm General yoga	6.15-7.15pm Learn to meditate course next 8 week courses start: July 23 Oct 15	6.00-7.30pm General yoga	6.00-7.30pm Beginner/gentle yoga		6.00-7.30pm General yoga
7.30-9.00pm General yoga	7.30-9.00pm General yoga	7.30-9.00pm General yoga		7.30 - 9.00pm Tibetan Heart Yoga		