



## *Heart and Soul of Wellness Yoga Timetable*

|                                                  | Monday                                 | Tuesday    | Wednesday | Thursday      | Friday | Saturday | Sunday                                               |
|--------------------------------------------------|----------------------------------------|------------|-----------|---------------|--------|----------|------------------------------------------------------|
| <b>Restorative Yoga<br/>Joy</b><br>0404 975 175  |                                        | 5.30 - 7pm |           | 10.30 - 1     |        |          | 1.30 - 5                                             |
| <b>Pre Natal Yoga<br/>Sali</b><br>0417 439 394   |                                        |            | 10 - 1    |               |        |          |                                                      |
| <b>Pilates Mama's<br/>Amanda</b><br>0478 260 970 | 10.30 - 11.30                          |            |           |               |        |          |                                                      |
| <b>Dru Yoga<br/>Deb</b><br>0433 298 823          |                                        |            | 6 - 8pm   |               |        |          |                                                      |
| <b>T.I. Hatha Yoga<br/>Sarum</b><br>0491 803 428 | 8.30 - 10.00                           |            |           |               |        |          |                                                      |
| <b>Yin Yoga<br/>Vanessa</b><br>0417 283 300      | 6.30 - 7.45pm<br>(every 4th<br>Monday) |            |           | 6.30 -7.45 pm |        |          | 9.30 - 10.45<br>(first 3<br>Sundays of<br>the month) |