



Heart and Soul of Wellness Yoga Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre Natal Yoga Sali 0417 439 394			10am - 1pm				
Restorative Yoga Joy 0404 975 175		5:30pm - 7pm		10:am - 11:30am	6pm - 7:30pm Restorative Yoga Nidra with Sound Bowls (last Friday of the month)	10am - 3:30pm A Day of Rest- Women's One Day Retreat 2nd Saturday of each month	2:30pm - 5pm *Contact Joy for full day retreat dates*
Embodied Restorative & Somatic-Based Practices Sarum 0491 803 428					3:30 / 6:00 Contact Sarum		
Body Mind Connect YOGA Kerriann 0423 394 288	9:30 - 10:45						
Jai Satya Kundalini Yoga 0401 959 281	6:30pm - 8pm			6:30pm - 8pm			