

Dance of Life

Centre of Yoga and Healing

TIMETABLE May 2012

Monday

10-12	general	Michelle
17.15-19.15	general	Johannes
18-19	pilates for yogis	Jo S
19.15-20.45	vinyasa playlist	Jo S
19.30-20.30	ballet for adults	Irina

Tuesday

6.30-8.30	vinyasa flow	Renata
10-12	general	Nina
17.30-19	general	Elizabeth

Wednesday

6.30-8.30	general	Felicity
10-12	general	Jean
12.30-13.30	general ¹	Victoria
17.15-19.15	Intermediate/ advanced	Johannes
19.30-21.15	intro/ general	Johannes

Thursday

6.30-8.30	vinyasa flow	Ingrid
10-12	general	Emma
16.30-17.30	yoga playground ²	Nina
17.30-19	intro/ general	Nina
19.15-20.45	Anusara-inspired™ ³	Olivia

Friday

7.30-9.15	advanced/ teachers	
10-12	general	Johannes
17.30-18.45	pilates/ yoga ⁴	Joanna

Saturday

9.30-11.15	vinyasa flow yoga	Renata
11.30-13	contemporary dance	Joanna
2-3.30	pregnancy yoga	Fee
16-17.45	vinyasa flow	Felicity

Sunday

10-11.30	general	Elizabeth
17.30-19.30	general/ Yoga Nidra	Jo

¹ \$16/ \$14

² by donation; ³ for students with min 1 year experience

⁴ contact Joanna on 9417 6336

www.yogadanceoflife.com