



Lotus Centre

Time Table

	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am			Dynamic Flow Yoga Helen				
9.15am	Gentle Yoga Tina		Beginners Yoga Heather		Dynamic Flow Yoga Helen	Hatha Yoga Mel	
10.30am		Dru Yoga Alison				Prenatal Yoga Mel	Calm habits Anna
12.00pm				Meditation Stephen Cottee (coming soon)			
6.00pm	Yoga (coming soon)	Beginners Meditation Stephen Cottee	Yoga (coming soon)	Beginners Yoga Jules			
7.30pm	Parenting course (coming soon)	7-9pm Natural Birthing & Yoga Heather	Meditation Stephen Malloch	Vinyasa flow Yoga Jules			

Prices

- 5 week yoga course - \$90
- Casual yoga class - \$20 (limited positions)
- Meditation with Stephen Malloch 7.30pm Wednesday - \$18 Casual
- Meditation with Stephen Cottee 12.00pm Thursday - \$75 5 week course or \$18 Casual

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