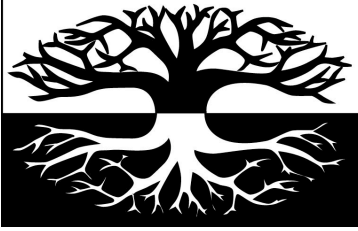


YOGA

FROM THE HEART



Classes at The Lotus Centre,
Top Floor, 45 Victoria Street
Hobart
www.yogafromtheheart.com.au

SEPT 20 - DEC 16, 2010 CLASS SCHEDULE

Please note: No classes Show Day Thursday Oct 21

	Monday	Tuesday	Wednesday	Thursday
7 - 8 am		Dani <i>Level 1 & 2 Hatha</i>		Dani <i>Level 1 & 2 Hatha</i>
9:30 - 11 am	Clare <i>Level 1&2 Anusara</i>	Dani <i>Level 1 & 2 Hatha</i>	Clare <i>Level 2 & 3 Anusara</i>	
11:35 - 12:25 pm	Clare <i>Back Care & Level 1</i>		Clare <i>Levels 1 & 2</i>	
4 - 5pm			Dani <i>Yoga for Pregnancy</i>	
5:30 - 7 pm	Clare <i>Level 2 Anusara</i>	Lee <i>Level 1 Vinyasa</i>	Clare <i>Level 2&3 Anusara</i>	Lee <i>Level 2&3 Vinyasa</i>
7:15 - 8:45 pm	Clare <i>Level 1 Anusara</i>		Dani <i>Level 1 & 2 Hatha</i>	

To enrol or for more information please contact the instructor of the class you are interested in.

Clare Raffety: 6227 8941, clare@yogafromtheheart.com.au

Lee Cody: 0417 319 046, lee@yogafromtheheart.com.au

Dani Fox: 0416 978543, dani@yogafromtheheart.com.au

Term Fees:

1.5 hour class Monday - Wednesday, 13 week session: \$182 or \$17 per class casual attendance

1.5 hour class Thursdays, 12 week session: \$168 or \$17 per class casual attendance

Mon 11:35 - 12:25: 13 week session, \$156 or \$13 per class casual attendance

Wed 11:35 - 12:25 13 week session, \$156

Tues 7 - 8am early morning class: 13 week session \$169 or \$15 per class casual attendance

Thurs 7 - 8am early morning class: 12 week session \$154 or \$15 per class casual attendance

Yoga for Pregnancy Wed 4 - 5pm: 13 week session, \$169 or \$15 per class casual attendance