



YOGA for everybody

10 WEEK TERM

START: MONDAY 16th July 2018

Please call: 0417936546 or email: info@yogaonthefarm.com.au

For full details: facebook.com/yogaonthefarm.com.au

Permanent classes and [Special classes](#) please see facebook for details



0417936546

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30am - 9.45am						Complete beginners Yoga with Sylvana	
9:30am	Gentle Vinyasa yoga with supervised child's play area with Sylvana & Kieran (Fortnightly)	Hatha Yoga with Jim			Baby & Parent Yoga with Amy (2 x 4 weeks) Studio OM Toddler Yoga with Kieran Studio Metta	Half day workshops TBA	Half day workshops TBA
4:00pm-5:00pm				Kids Yoga with Kieran			
5:30pm-6:45pm		General Hatha Yoga with Jim		Yoga for Horse riders / Chair yoga with Sylvana TBA	Yin Yoga with Sylvana		
7pm-8:15pm	Slow Flow Yoga with Diane	Meditation class TBA	General Vinyasa with Sylvana	Special classes TBA			