



KI YOGA SUMMER TIMETABLE

PRICES:

\$15 = Casual Class

\$25 = Introductory 3 Classes

\$75 = 6am COURSE ONCE PER WEEK

\$130 = 6am COURSE TWICE PER WEEK

NOTES:

- Please BYO towel
- Avoid eating for 2 hours prior to class
- Please arrive 5 minutes early
- Class duration is 1 hr - except Thursday pm
- Timetable current as at 16.12.2011

TUESDAY	6.00am - 7.00am*
TUESDAY	9:15am - 10:15am
THURSDAY	6.00am - 7.00am**
THURSDAY	6:30pm - 7:45pm
SATURDAY	8:00am - 9:00am

* 5 WEEK COURSE STARTS JANUARY 31ST

** 5 WEEK COURSE STARTS FEBRUARY 2ND

UPCOMING NEWS & EVENTS

7 DAY SUMMER DETOX

THE PERFECT DETOX KICKSTART TO 2012 WITH BEC!

DATE & TIME:

6:00AM - 7:00am Monday 16th - Sunday 22nd January 2012

VENUE:

WAVES Community Centre

COST:

\$175

(includes your organic breakfast,
Summer Detox notes & Recipes)

SUMMER KI YOGA RETREAT

- Join us at Bamarang for a lush 3 day weekend away!

DATE:

Friday 3rd - Monday 6th February 2012

COST:

\$500 per person (share rooms of 2 - 4)

\$575 per person (King share for couples)

LAST CLASS FOR 2011 - Thursday December 22nd 6:30pm - FIRST CLASS FOR 2012 - Saturday January 14th 8:00am



ENQUIRIES AND BOOKINGS

Bec 0425 233 583

Email: contact@sotaitherapies.com.au

WAVES Community Centre
23 Oliver Street, Freshwater

www.sotaitherapies.com.au