



KI YOGA AUTUMN TIMETABLE

PRICES:

- \$15 = Casual Class
- \$20 = Introductory 3 Classes
- \$120 = 10 Class Pass

NOTES:

- Please BYO towel
- Avoid eating for 2 hours prior to class
- Please arrive 5 minutes early
- Class duration is 1 hr
- except Thursday evening classes
- Timetable current as at 01.03.2010

* Pre-natal Ki Yoga classes will resume in spring

TUESDAY	9:15 – 10:15am
	7:30 – 8:30pm
THURSDAY	6:30 – 7:45pm *
FRIDAY	9:15 – 10:15am
SATURDAY	8:00 – 9:00am

* 15 mins of Yoga Nidra (relaxation) after Thursday evening class

UPCOMING NEWS & EVENTS

WINTER KI YOGA RETREAT

DATE & TIME:

4pm Friday 11 June - 12pm Monday 14 June 2010
(Queens Birthday Long weekend)

VENUE:

Bamarang Bush Retreat - On the peaceful Shoalhaven River near Nowra.
www.bushretreat.com.au

We invite you to strengthen your spine, calm your nervous system and to build your energy levels. All wholefood organic meals, Ki Yoga and dietary advice will help you to strengthen your structure (bones, hair, nails, teeth and mineral content in your blood.) A long weekend for reflection and rejuvenation.

COST:

\$500 per person or \$550 per person
share King bed (couples only).

SOTAI THERAPIES

ENQUIRIES AND BOOKINGS

Bec 0425 233 583
Email: contact@sotaitherapies.com.au

WAVES Community Centre
23 Oliver Street, Freshwater

www.sotaitherapies.com.au



KI YOGA AUTUMN TIMETABLE

PRICES:

- \$15 = Casual Class
- \$20 = Introductory 3 Classes
- \$120 = 10 Class Pass

NOTES:

- Please BYO towel
- Avoid eating for 2 hours prior to class
- Please arrive 5 minutes early
- Class duration is 1 hr
- except Thursday evening classes
- Timetable current as at 01.03.2010

* Pre-natal Ki Yoga classes will resume in spring

TUESDAY	9:15 – 10:15am
	7:30 – 8:30pm
THURSDAY	6:30 – 7:45pm *
FRIDAY	9:15 – 10:15am
SATURDAY	8:00 – 9:00am

* 15 mins of Yoga Nidra (relaxation) after Thursday evening class

UPCOMING NEWS & EVENTS

WINTER KI YOGA RETREAT

DATE & TIME:

4pm Friday 11 June - 12pm Monday 14 June 2010
(Queens Birthday Long weekend)

VENUE:

Bamarang Bush Retreat - On the peaceful Shoalhaven River near Nowra.
www.bushretreat.com.au

We invite you to strengthen your spine, calm your nervous system and to build your energy levels. All wholefood organic meals, Ki Yoga and dietary advice will help you to strengthen your structure (bones, hair, nails, teeth and mineral content in your blood.) A long weekend for reflection and rejuvenation.

COST:

\$500 per person or \$550 per person
share King bed (couples only).

SOTAI THERAPIES

ENQUIRIES AND BOOKINGS

Bec 0425 233 583
Email: contact@sotaitherapies.com.au

WAVES Community Centre
23 Oliver Street, Freshwater

www.sotaitherapies.com.au