

KI YOGA TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00 – 7:00am WAVES Bec (Strong)		9:15 – 10:15am WAVES Jeremy (Beginners) 10:30 - 11:30am** WAVES Bec (Pre-natal)	8:00 – 9:00am WAVES Jeremy(Strong)
	9:15 – 10:15am WAVES Bec				
	7:15 – 8:30pm * WAVES Jeremy		6:30 – 7:45pm * WAVES Bec		

*15 minutes of relaxation and meditation every Tuesday and Thursday night optional yet well worth it!!

** Pre-natal Ki Yogo with Bec is \$20 per class.

Timetable current as at 22/10/09

Sotai Therapies offer regular weekly Ki Yoga classes to help you keep healthy and abundant from season to season. All of our classes are for casual attendance and general level unless stated otherwise.