



Yoga Moves

Summer Term: Monday 1st February - Saturday 3rd April (9 weeks)

	Class	Time	Teacher
MONDAY			
All levels of experience welcome	Awareness Through Movement Improve Your Walking Technique	11.15am – 12.45pm	Usha
	Hatha Open 1	4pm – 5.30pm	Ethna
	Hatha Open 2	5.45pm - 7.15pm	Ethna
TUESDAY			
Phone 0402 182 084 for details	Beginner/General	9.30am - 11am	Usha
	Pregnancy Yoga	11.15am – 12.45pm	Annette
	Beginner/General	5.45pm – 7.15pm	Usha
WEDNESDAY			
All levels of experience welcome	Open	9.30am - 11am	Usha
	Awareness Through Movement Improve Your Walking Technique	5.15pm – 6.45pm	Usha
	Awareness Through Movement Better Balance	7pm – 8.30pm	Usha
THURSDAY			
All levels of experience welcome	Hatha Open 2	9.30am - 11.00am	Ethna
	Awareness Through Movement Better balance	11.15am - 12.45pm	Usha
	Open	6pm – 7.30pm	Usha
FRIDAY			
Please book on 9486 7740 or email usha@yogamoves.net.au	Hatha Open 1 and 2 (beginners welcome)	9.30am - 11am	Claire
	Individual Feldenkrais lessons (some other days/times also available by request)	11.30am – 5.30pm	Usha
SATURDAY			
Phone 0402 182 084 for details	Pregnancy Yoga	7.45am – 9.15am	Annette
	Beginner/General	9.30am - 11am	Jen
	Hatha Open 1 (beginners welcome)	11.15am - 12.45pm	Ethna

Yoga Moves Studio: 45 Evans Street Shenton Park (corner of Evans Street & Herbert Road)

9486 7740

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www.yogamoves.net.au

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