

INHALE LIFE April Timetable 2019

Building 1, 145-161 Horsley Rd, Horsley Park

Inhale Life Yoga Timetable	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Rita Hatha Yoga (75 mins)		Symone Hatha Yoga (75 mins)	Michelle Hatha Yoga (75 mins)			
8am						Teresa / Michelle (60 mins)	Naomi Sacred Sunday (90 mins)
10am			Pre-Natal Course Starts (May 1st)				
6.15pm	Naomi Flow (60 mins)		Michelle Flow (60 mins)				
6.30pm		Rita Hatha Yoga (75 mins)		Romina Hatha Yoga (Starts May)	Naomi Yoga Nidra (30 mins)		
7.15pm					Naomi Yin & Mindfulness (75 mins)		
7.30pm	Yoga & Meditation Fundamentals Next Course (29th April)		Michelle Hatha Yoga (75 mins)	Mindfulness Meditation Course (May 2nd)			

Any Q's call 0435992066.(No bookings required simply show up!)

www.inhalelife.co

Pay as you go -1 class \$15 or 2 back to back \$25
Sacred Sunday \$20