

INHALE LIFE March Timetable 2019

Building 1, 145-161 Horsley Rd, Horsley Park

Inhale Life Yoga Timetable	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am			Symone Hatha Yoga (75mins)	Michelle Hatha Yoga (75 mins)			
7am							
7.30am							
8am						Teresa / Michelle (60 mins)	Sacred Sunday Naomi (90 mins)
10am							
1.15pm							
5pm							
6.15pm	Naomi Flow (60 mins)		Michelle Flow (60 mins)				
6.30pm					Naomi Yoga Nidra (30 mins)		
7.15pm					Naomi Yin & Mindfulness (75 mins)		
7.30pm	Yoga & Meditation Fundamentals Course (90 mins)		Michelle Hatha Yoga (75 mins)				

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

www.inhalelife.co

Come to class, pay as you go -1 class \$15 or 2 back to back \$25