

Inhale Life Yoga Timetable	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am				Michelle Hatha Yoga (75 mins)			
8am						Hatha Yoga Michelle (60 mins)	Sacred Sunday Naomi (90 mins)
9.30am			Pre-natal Course (15th May)				
9.45am							Guided Meditation (30 mins)
5pm							
6.15pm	Naomi Flow (60 mins)		Michelle Flow (60 mins)				
6.30pm		Rita Hatha Yoga (75 mins)		Romina Hatha Yoga (16th May)	Naomi Yoga Nidra (30 mins)		
7.15pm							
7.30pm	Yoga & Meditation Fundamentals Course (90 mins)		Michelle Hatha Yoga (75 mins)	Mindfulness Meditation (16th May)	Naomi Yin & Mindfulness (75 mins)		
8pm							