

Inhale Life Yoga Timetable	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am						Hatha Yoga Donna covering for Michelle (60 mins)	Sacred Sunday Naomi (90 mins)
9.30am			Pre-natal Course (book online)				
9.45am							Guided Meditation Naomi (30 mins)
6.15pm	Flow Naomi (60 mins)			Hatha Yoga Romina (60 mins)			
6.30pm					Yoga Nidra Naomi (30 mins)		
7.15pm					Yin Naomi (75 mins)		
7.30pm	Yoga & Meditation Course (90 mins)		Donna covering for Michelle Hatha Yoga (75 mins)	Mindfulness Meditation COURSE			

\$15 per class or 2 back to back \$25
 Sacred Sunday \$20
 Sunday Double Class \$30

Inhale Life

July Timetable 2019

Building 1, 145-161 Horsley Rd Horsley Park

Contact Us 0435992066

www.inhalelife.co

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Sacred Sunday \$20
Sunday Double Class \$30