

Inhale Life Yoga Timetable	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am		Hatha Yoga (Damian) 2020		Hatha Yoga (Damian) 2020			Sacred Sunday Naomi (90 mins)
9.30am			Pre-natal COURSE BOOK ONLINE				
9.45am							Guided Meditation Naomi (30 mins)
6.15pm	Flow Yoga Naomi (60 mins)			Hatha Yoga Michelle (60 mins)		Summer Solstice	
6.30pm			Hatha Yoga Romina (75 mins)	Yoga Nidra Naomi (30 mins)	Expand Your Breath Workshop		
7.15pm		Hatha Yoga (75 min) COMING 2020			Yin Naomi (75 mins)		14th December 1.30-4pm
7.30pm	Yoga & Meditation COURSE Starts 20th Jan 2020		Mindfulness Meditation Feb 12th 2020	Guided Meditation Michelle (30 mins)		End of Year Gathering Afternoon Tea 4.30-6pm	

CALL US ON 0435992066

[www.inhalelife.co](http://www.inhalelife.co)

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