



ALL LEVELS + AGES  
 HATHA YOGA  
 MEDITATION  
 YOGA NIDRA  
 WISDOM TEACHING  
 RETREATS  
 WORKSHOPS

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# TIMETABLE TERM 1 29 JAN - 05 APR 19

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>HATHA YOGA</b> 7:30am - 8:30am	<b>HATHA YOGA</b> 6:30am - 7:30am
		<b>HATHA YOGA</b> 10am - 11am	
		<b>YOGA NIDRA</b> 11:15am - 12pm	<b>MUMS GROUP</b> 9:30am - 10:30am
	<b>MEDITATION</b> 12:15pm - 1:15pm	<b>WISDOM TEACHING</b> 12:15pm - 1:15pm	<b>YOGA THERAPY</b> 12:15pm - 1:15pm
	<b>KIDS YOGA</b> 4pm - 4:45pm		
<b>HATHA YOGA</b> 6pm - 7pm	<b>PRANA IN MOTION</b> 6pm - 7pm	<b>HATHA YOGA</b> 5:30pm - 6:30pm	
	<b>MEDITATION</b> 7:15pm - 8:15pm	<b>YOGA NIDRA</b> 6.45pm - 7.30pm	

PLEASE VISIT THE WEBSITE FOR TERMS & CONDITIONS AND FURTHER INFO RELATING TO CLASSES, WORKSHOPS, NEW MOON MEDITATION & EVENTS. YOGA KEYS RESERVES THE RIGHT TO CANCEL ANY CLASS WHERE LESS THAN 5 PEOPLE HAVE BOOKED.



MEDITATION  
 association of AUSTRALIA

**REGISTER @ [WWW.YOGAKEYS.COM.AU](http://WWW.YOGAKEYS.COM.AU)**