

TERM 1, 2010
Monday 1 February - Friday 26 March
TERM 2, 2010
Monday 12 April - Friday 25 June
TERM 3, 2010
Monday 12 July - Friday 17 September
TERM 4, 2010
Monday 4 October - Friday 17 December

**bookings
are essential**

MONDAY

10:00 & 11:00am seniors chair based yoga
(Camberwell & Blackburn venue)
2:00 - 3:00pm seniors chair based yoga
(McKinnon venue)
6:00 - 7:30pm pregnancy (starting Term 2)

TUESDAY

9:30 - 11:30am private

WEDNESDAY

9:30 - 10:45am general
6:00 - 7:30pm pregnancy (Term 1 only)

THURSDAY

5:00 - 6:10pm teens 10 - 15yrs - (subject to numbers)
6:30 - 7:45pm general

FRIDAY

10:00 - 11:30am gentle yoga for Fibromyalgia
& chronic pain (Malvern venue)

GENERAL

10 visit card	\$150.00
Casual classes	\$17.00
Private (minimum two sessions)	\$65.00

CHILDREN & TEENS

10 visit card	\$120.00
Casual classes	\$15.00

COUNSELLING/PSYCHOTHERAPY

90 minutes	\$90.00
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(concession available)

Timetable is subject to change and bookings are essential

We follow the school term (closed holidays & Public Holidays)
Please phone or email for venue details

General enquiries: Dyan Ostrow I.Y.T.A

Rear studio

168 Thomas St, Brighton East (cnr Olympia Crt)

Please do not park in Court

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