

Yoga Pilates Massage

for everyone . . .



HOLIDAY SCHEDULE DECEMBER/JANUARY

MONDAY 4, 11, 18, 25 JANUARY

10-11am	Yoga/Pilates	Ulladulla
11.30am-12.30pm	Gentle Yoga/Pilates	Ulladulla
6.30-7.30pm	Yoga/Pilates	Milton CWA Hall

TUESDAY 29 DECEMBER, & 5, 12, 19 JANUARY

8-9am*	Yoga/Pilates	Mollymook Surf Club
10-11.30am	Yoga/Pilates	Ulladulla

*no class this venue 19 January

WEDNESDAY 6, 13, 20, 27 JANUARY

10-11am	Yoga/Pilates	Ulladulla
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THURSDAY 31 DECEMBER, & 7, 14 JANUARY

9.30-11am	General Yoga	Mollymook Surf Club
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7 JANUARY **FREE CLASS**

6.45-7.15am	Laughter Yoga	Mollymook Surf Club
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FRIDAY 8, 15, 22, 29 JANUARY

10-11am	Yoga/Pilates	Ulladulla
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SATURDAY 2, 9, 16, 23 JANUARY

9.30-10.30am	Yoga/Pilates	Ulladulla
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1hr classes \$10/\$8con or 3 @ \$27/\$21con

1.5hr classes \$13/\$11con or 3 @ \$35/\$30con

• Schedules may be subject to changes • Ulladulla classes are held in a private studio, they run on demand & bookings are required

**PRIVATE CLASSES & PACKAGES
FOR INDIVIDUALS & GROUPS ARE AVAILABLE**

**STUDIO & MOBILE TREATMENTS INCLUDE -
remedial, swedish, ka huna (hawaiian)
& pregnancy massage**

craniosacral therapy • reflexology • bower therapy • ear candling

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