

# Yoga Pilates Massage

for everyone ...

ZEN OUTDOOR  
CLASSES 6am\*  
1-3 days per wk

New  
FOAM ROLLER  
CLASS

SCHEDULE CURRENT  
FEBRUARY 2012

DAY	TIME	CLASS	VENUE
MON	10-11.10am	Yoga/Pilates	Ulladulla
+ Zen 6am *	11.30am-12.30pm	Gentle Yoga/Pilates	Ulladulla
	1-30-3pm	Pre-Natal Yoga	Ulladulla
	6-7.10pm	Yoga/Pilates	Milton CWA
TUES	10-11.10am	Yoga/Pilates	Ulladulla
	4.30-5.40pm	Core Yoga	Ulladulla
	6.30-8pm	Core/Flow Yoga	Ulladulla
WED	10-11.10am	Yoga/Pilates	Ulladulla
+ Zen	4-5.30pm	General Yoga	Ulladulla
THUR	9.30-11am	General Yoga	Surf Club
	6-7.30pm	Yoga/Pilates	Ulladulla
FRI	8.30-9.40am	Core Yoga	Ulladulla
+ Zen	10-11.10am	Yoga/Pilates	Ulladulla
SAT	9.30-10.30am	Yoga/Pilates	Ulladulla

**RESTORATIVE YOGA - 4 PER CLASS 1.5hrs of total bliss @ \$20 pp**

**\* ZEN CLASS START TIME MAY VARY - LAUGHTER YOGA FOR GROUPS**

- This schedule is subject to changes • A selection of classes run during school holidays
- Please phone Kerri to confirm

Yoga/Pilates focus is on core strength & flexibility,  
Core Yoga is a dynamic Yoga/Pilates fusion class to strengthen & streamline the body,  
General Yoga class for all levels to energise, relax & revitalise

**60-70min classes \$13/\$11con or term/10 weeks @ \$11/\$9con per class**

**1.5hr classes \$15 or term/10 weeks @ \$14 per class**

*Ulladulla Classes are held in a private studio, they run on demand & bookings are required  
Bookings are appreciated for Milton class • No bookings required for Mollymook Surf Club class*

**PRIVATE CLASSES & ONE-OFF CLASSES FOR GROUPS OR INDIVIDUALS AVAILABLE**

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

craniosacral therapy • reflexology • bower therapy • ear candling

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