

Yoga Pilates Meditation

for everyone . . .

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KERRI FOR
REGULAR
SCHEDULE
UPDATES
0418 42 9988

SCHEDULE CURRENT
AS AT 01/01/18



DAY	TIME	CLASS	VENUE
MON	6-6.50am*	Zen Outdoor Yoga	Ulladulla
	10-11.10am	Yoga/Pilates	Ulladulla
	11.30am-12.40pm	Gentle Yoga	Ulladulla
	2.15-3.20pm	Restorative Yoga	Ulladulla
	6-7.15pm	Meditate/Relax	Ulladulla
TUES	10-11.10am	Yoga/Pilates	Ulladulla
	2-3.30pm	Pre-Natal Yoga	Ulladulla
	4.30-5.40pm	Core Yoga	Ulladulla
	6-7.10pm	Yoga (various styles)	Ulladulla
WED	6-6.50am*	Zen Outdoor Yoga	Ulladulla
	10-11.10am	Yoga/Pilates	Ulladulla
	2.30pm (free class)	Yoga for Cancer Patients	Ulladulla
	4-5.30pm	General Yoga	Ulladulla
THUR	9.30-11am	General Yoga	Ulladulla
	11.30am-12.30pm	Gentle Yoga/Pilates	Ulladulla
	5.30-7pm	Yoga (various styles)	Ulladulla
FRI	6-6.50am*	Zen Outdoor Yoga	Ulladulla
	8-9.10am	Core Yoga	Ulladulla
	9.30-10.40am	Yoga/Pilates	Ulladulla
SAT	Time TBA	Yin Yoga	Ulladulla

LAUGHTER YOGA • SCHEDULE SUBJECT TO CHANGES • MOST CLASSES RUN DURING SCHOOL HOLIDAYS

PRIVATE STUDIO OR OUTDOOR CLASSES FOR GROUPS & INDIVIDUALS AVAILABLE

Yoga/Pilates focus is on core strength & flexibility, Core Yoga is a dynamic Yoga/Pilates fusion class to strengthen & streamline the body, Vinyasa/Flow Yoga - flowing sequences that integrate the breath & movement to promote strength, flexibility, & stability, General, Restorative & Zen Yoga class for all levels to energise, relax & revitalise, Yin/Yang incorporates passive & active postures, Pre-Natal Yoga for those 12 weeks pregnant or more.

50-70min classes \$16/\$14con or 10 class pass* @ \$130/\$110con
Zen & Restorative classes \$16, 1.5hr classes \$16 or 10 class pass* @ \$150
Zen Special 10 class pass* @ \$90 (*conditions apply to all class passes)

Ulladulla Classes are held in a private studio, they run on demand & bookings are required

STUDIO & MOBILE TREATMENTS INCLUDE -
remedial, swedish, ka huna (hawaiian) & pregnancy massage
craniosacral therapy • reflexology • bower therapy • ear candling

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