

# Yoga Pilates Meditation

for everyone ...

Find us on:  
facebook.

OR PHONE  
KERRI FOR  
REGULAR  
SCHEDULE  
UPDATES

0418 42 9988

SCHEDULE CURRENT  
AS AT 01/12/16



DAY	TIME	CLASS	VENUE
MON <small>* start time varies check YPM's facebook page weekly for updates</small>	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 Course	Ulladulla
TUES	10-11.10am	Yoga/Pilates	Ulladulla
	1.30-3pm	Pre-Natal Yoga	Ulladulla
	4.30-5.40pm	Core Yoga	Ulladulla
	6-7.10pm	Yoga (various styles)	Ulladulla
WED <small>* start time varies check YPM's facebook page weekly for updates</small>	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
	6-7.30pm	Men's Yoga Course	Ulladulla
THUR	9.30-11am	General Yoga	Ulladulla
	11.30am-12.30pm	Gentle Yoga/Pilates	Ulladulla
	5.30-7pm	Yoga (various styles)	Ulladulla
FRI <small>* start time varies</small>	6-6.50am*	Zen Outdoor Yoga	Ulladulla
	8.30-9.40am	Core Yoga	Ulladulla
	10-11.10am	Yoga/Pilates	Ulladulla
SAT	Time TBA	Yoga (various styles)	Ulladulla

LAUGHTER YOGA • SCHEDULE SUBJECT TO CHANGES • SELECTION OF 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 \$15/\$13con or 10 class pass\* @ \$125/\$105con

Zen & Restorative classes \$15, 1.5hr classes \$15 or 10 class pass\* @ \$140

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

Kerri Wild member YA, SYTA & ATMS - lotus@shoal.net.au

T 4455 6600 • M 0418 42 9988

www.ypmforeveryone.com.au