



Amendments for School Holidays

Sat 8th April - TBC

NO Monday or Thursday classes between 10th -21st April

Saturday classes run as normal (

Term 2 Timetable

Mon 930am General class (70 mins)

Thurs 6pm General Class (60 mins)

Sat 7am Integrated Class (90 mins)

General Yoga- This class is open to all level of experience. Includes Postures, pranayama (breathing) and relaxation (savasana)

Integrated Yoga- This incorporates Inversions.

All levels of experience welcomed in class as lots of options provided for a multi levelled (i.e beginners to advanced) practice.

All classes held at 110 Grose Rd, faulconbridge

***Pregnancy catered for in each class*

COST- \$18 casual or 10 visits \$150 (valid 3 mths)

For bookings and enquires please contact Tracey:

0419 292 420 or yogaembrace@bigpond.com

What to Bring

Yoga Mat

Towel or Blanket

Water

Any Yoga props you might like to use

Please try not to eat a heavy meal 2 hours prior to class