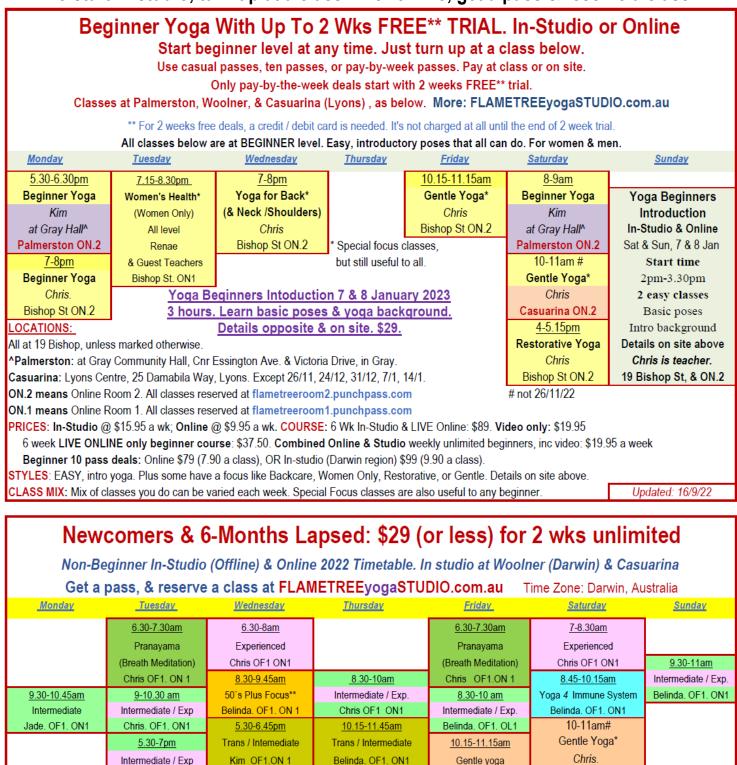
YOGA: BEGINNER & NON-BEGINNER TIMETABLES & DEALS

Flametree Yoga Studio, at Casuarina, Palmerston, & Woolner. Plus online.

Including Gentle Yoga, Backcare Yoga, Immune System Yoga, Women Only Option, 50 Plus Yoga, & more.

To start in-studio, turn up at a class. For online, get a pass & reserve a class.



				, ,	
	Chris. OF1. ON1	<u>7-8pm</u>	<u>5.45-7.15pm</u>	All level	# not 26 Nov 2022
	7.15-8.30pm	Yoga For Back	Yoga 4 Immune System	Chris OF1 ON 2	All level
<u>5.30-6.45pm</u>	Women's Health	(& Neck / Shoulders)	Chris. OF1. ON1	<u>5.30-7pm</u>	Casuarina ON.2
Trans / Intermediate	(Women Only)	All level		Restorative yoga	<u>10.30-11.45am</u>
Belinda. OF1, ON 1	All level	Chris OF1. ON 2		Chris OF1.ON 1	Trans / Intermediate
	Renae OF 1.0N1				Cheryl OF1 ON1
	Plus Guest Teachers				<u>4.00-5.15pm</u>
LEVELS: Trans = Transition To Intermediate; Intermediate = Level 1; Experienced = Level 2; Restorative Yoga					Restorative Yoga
Intermediate / Exp = Mix of Intermediate & Experienced levels. All level = beginners + non-beginners. All level					All level
ON2 = online, with	reservations at via fl	ametreeROOM2.punc	hpass.com		Chris OF1.ON 2
OF1 = Offline, 19 Bisł	nop St Woolner; ON1 =	online. Reservations via	flametreeROOM1.punchp	ass.com	
Palmerston = Gray C	Community Hall, Cnr Es	sington Ave. & Victoria D)rive Gray. Casuarina: Lyo	ons Centre, 25 Damabi	la Way, Lyons
** Non-beginners under 50 can do 50 Plus classes if they wish. Among other things, it includes some Restorative Yoga					