

MANDURAH YOGA & MEDITATION

<u>Time</u>	Activity and Style	Instructor	Contact
MONDAY			
	book on line www.alignbodymindsoul.com.au	Osheani Rainbow	0423 971 760
7.00 pm - 9.00 <i>Meditation Room</i>	Meditation & Buddhism Explored	Paul Beard	9739 2256
TUESDAY			
10.00 am - 11.30	Yoga - HATHA Beginners and all levels. No classes until February 2012	Justine Eldin	9534 4057
5.30 pm - 7.00	Yoga : IYENGAR STYLE- beginners & all levels Bookings Required	Kim White	9527 6449
7.30 pm - 9.00 <i>Meditation Room</i>	MEDITATION Newcomers & Regulars Class	Paul Beard	9739 2256
WEDNESDAY			
	book on line www.alignbodymindsoul.com.au	Osheani Rainbow	0423 971 760
THURSDAY			
	book on line www.alignbodymindsoul.com.au	Osheani Rainbow	0423 971 760
FRIDAY			
10.00 am - 11.30	Yoga - HATHA Beginners and all levels. No classes until February 2012	Justine Eldin	9534 4057
SATURDAY			
	book on line www.alignbodymindsoul.com.au	Osheani Rainbow	0423 971 760