



**YOGA HEALING**  
MINDFULNESS

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00am		flow	flow	slow flow			
7.15am				restorative flow			
8.00am						hot flow	
9.15am						flow	
9.30am	slow flow	body & mind	flow & yin		flow		slow flow
10.45am							free community class meditation (30 mins)
5.00pm							reiki & restore
5.30pm	hot flow		hot flow		yin		
6.00pm		flow + yin		flow			
6.45pm	kundalini breathwork		hot slow flow				
7.15pm				yin			
7.30pm		body & mind					

**Hark Hike Saturdays**  
Setting off at 2pm  
fortnightly - local trails