

# Agama Yoga Centre

## Winter Timetable 2007 (July – Sept)

Bookings: 9690 2238

Updated 16/07/2007

Day	Time	Focus & Level
Mon am	9.30 -10.30	strength & flexibility <b>(m)</b>
Mon pm	7.30 - 8.30	strength & flexibility <b>(o)</b>
Tues am	9.30 -10.30	restorative yoga <b>(m)</b>
Tues pm	6.00 – 7.00	strength & energize <b>(m)</b>
Tues pm	7.00 - 8.30	body, breath & mind <b>(exp)</b>
Wed am	7.00 - 8.00	energizing <b>(m)</b>
	10.30 – 11.30	mothers & babies
Wed pm	4.00 – 5.00	children’s yoga
	6.30 - 7.30	prenatal yoga
	6.30 - 7.30	strength & flexibility <b>(m)</b>
	7.30 - 8.30	strength & flexibility <b>(b)</b>
Thurs am	9.30 -11.00	body, breath & mind <b>(exp)</b>
	9.30 -12.30	yoga studies
Thurs pm	7.00 -8.30	strength & flexibility <b>(m)</b>
	all evening	yoga studies by appointment
Fri am	9.30 -10.30	energizing <b>(m)</b>
	10.30 – 11.30	restorative yoga <b>(o)</b>
Sat am	9.00 -10.00	yoga for pregnancy
	10.30 -12.00	strength & flexibility <b>(exp)</b>
	10.30 -11.30	beginners – please book
Sun am	10.30 -12.00	strength & flexibility <b>(o)</b>
	10.30 -12.00	energizing <b>(m)</b>

**(b)**beginner level

**(m)** medium level

**(exp)** experience required

**(o)** open to all

\*\*\*Meditative practices and Chanting classes coming soon!

NEWSFLASH: WINTER INTENSIVE: Aug 13 to 17 2007, daily @7am

Private classes by arrangement: day and evening