

Class Timetable



Monday	10.00 – 11.30am	Beginners/General (Iyengar)	Bill
	12.00 – 1.00pm	Cancer Care Class	Steffi <small>BY DONATION</small>
	3.30 – 4.00pm	Kids Yoga	Isabella <small>SCHOOL TERMS ONLY</small>
	4.15 – 5.15pm	Teen Yoga	Isabella <small>SCHOOL TERMS ONLY</small>
	5.30 – 7.00pm	Hatha - All levels	Vanessa <small>NEW TIME</small>
	7.00 – 8.15pm	Absolute Beginners	Bill <small>NEW TIME</small>
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Tuesday	9.30 – 11.00am	Pregnancy & Womens Wellbeing	Steffi
	5.00 – 6.20pm	Beginners/General	Nikki
	6.40 – 8.00pm	Beginners/General	Steffi
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Wednesday	9.30 – 10.50am	Beginners/General	Nikki
	11.00 – 12.00pm	Seniors and Beginners	Peter
	6.00 - 7.30pm	Beginners/General	Jen <small>NEW TIME</small>
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Thursday	10.00 – 11.30am	Beginners/General	Brad
	5.30 – 7.00pm	Relax & Restore	Nikki
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Friday	9.30 – 10.50am	Beginners/General	Nikki
	11.00 – 12.15pm	Yoga for Blokes	Bill
	5.30 – 7.00pm	Stretch & Unwind	Steffi
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Saturday	7.30 – 8.45am	Mindful Mornings	Christiane <small>NEW CLASS</small>
	9.00 – 10.25am	Beginners/General	Nikki
	10.40 – 12.10pm	Stretch and Revive	Linda
	12.20 – 1.50pm	Pregnancy & Women's	Nikki
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Sunday	10.00 – 11.30am	Sunday Stretch	Anne
	5.00 – 6.30pm	Restorative/Gentle Hatha	Jasmine

Yogaveda, Unit 3, 1 Emplacement Cres, Hamilton Hill

Ph: 0411 796 354 📞 yogavedawellness.com

✉ yogavedawellness@gmail.com 📧 [yogavedawellness](https://www.facebook.com/yogavedawellness) 📷

About Us

- ॐ The instructors; Nikki Leaf, Anne Leishman, Bill Rogers, Jen Goldberg, Jasmine Pummer, Brad Ravenscroft, Peter Humphry, Stefani Losch, Isabella Lipinski Vanessa Wintoneak, Linda Wilkins & Christiane Purcell
- ॐ Beginners welcome
- ॐ Individual attention given
- ॐ Private classes (available by appointment)
- ॐ Yoga for your individual ayurvedic body type (dosha) creates the right routine for you
- ॐ Yoga equipment & Ayurvedic products available
- ॐ Yoga & Ayurveda Retreats/Workshops

Our Prices

- ॐ Casual classes: \$20.00
- ॐ Concession: \$18.00
- ॐ Kids Yoga: \$12.00 casual (or 10 classes prepaid for \$100)
- ॐ Seniors: \$15.00
- ॐ Teen Yoga: \$16.00 casual (or 10 classes prepaid for \$150)
- ॐ 10 class pass: \$180.00 *(to be used within 12 weeks)*
- ॐ Monthly pass: \$200.00 *(4 week unlimited classes)*
- ॐ 50 class pass: \$800.00 (\$16.00 per class)
(to be used within 6 months)
- ॐ 100 class pass: \$1500.00 (\$15.00 per class)
(to be used within 12 months)
- ॐ Yearly Unlimited Class Pass: \$2100.00
(Valid for 12 months)
- ॐ Private class: \$80.00 (individual session)
- ॐ Private class: \$120.00 (2 people)
- ॐ Ayurveda Consultation: \$110 (1.5hrs)
- ॐ Private Yoga/Ayurveda Consultation Package: \$175

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