

Class Timetable *BOOKINGS ESSENTIAL*

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
<p>Hatha Yoga 9.30am – 11.00am</p> <p>Harishakti (Helen) 0402 552 373 elementsofyoga.wa@gmail.com</p>	<p>Vinyasa Yoga 6.00am – 6.55am</p> <p>Sandy 0467 876 570 Bookings not required</p> <p>www.sandy@livethemomentfitness.com.au</p>	Available to Hire	Available to Hire	Available to Hire	<p>Connect to Your Guardians Saturdays Lilly Pilly Cottage Raven 0422 328 677</p>
<p>Tai Chi for Arthritis & Osteoporosis 11.30am – 12.30pm</p> <p>Teresa Stokes 9388 2199 www.arthritiswa.org.au</p>	<p>Vinyasa Yoga 9.30am – 10.25am</p> <p>Sandy 0467 876 570 Bookings not required</p> <p>www.sandy@livethemomentfitness.com.au</p>	Available to Hire	Available to Hire	Available to Hire	<p>Sound Therapy Saturday Once a Month 4.30pm – 5.30pm Storme Perth Sound Therapy M:0402 322 184 info@storme.com.au</p>
<p>Tai Chi for Arthritis & Osteoporosis 12.45pm – 1.45pm & 1.45pm – 2.45pm</p> <p>Teresa Stokes 9388 2199 www.arthritiswa.org.au</p>	Available to Hire	Available to Hire	Available to Hire	<p>Wyld Moon Temple Once a Month Evenings</p> <p>Larissa O’Neill 0447 835 925 wyldeberoleystone@gmail.com</p>	<p>Women + Art Space Sunday Once a Month Full day Workshop Larissa O’Neill 0447 835 925 wyldeberoleystone@gmail.com</p>
<p>Kundalini Yoga 6.30pm – 8.00pm Beginners to Advanced</p> <p>Elke (Gururaj Kaur) 9295 4442</p>	<p>American Tribal Spirit Belly Dance 6.30pm – 8.30pm Beginners and Intermediate Raven 0422 328 677 raven.tribalspirit@gmail.com</p>	<p>Hatha Yoga 6.30pm – 8.00pm</p> <p>Harishakti (Helen) 0402 552 373 elementsofyoga.wa@gmail.com</p>	<p>Pilates Matwork 6.30pm – 7.30pm and 7.30pm – 8.30pm</p> <p>Lizbeth Linton 0416 921 592 www.glowpilates.biz</p>	<p>Sound Meditation 6.00pm to 8.00pm Third Friday of the month</p> <p>Szilvia 0415 351 006</p>	<p>Mindfulness Meditation Different Days/Evenings Once a Month Helen Hart 0409682429 helen@helenhart.com.au</p>