

# HARK YOGA



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6/1031 Burwood Highway, Ferntree Gully

	MON	TUES	WED	THURS	FRI	SAT	SUN
0600		hot flow	flow	flow			
0900						flow	flow
0930		yin		flow&yin	flow		
1630		*flow		body&mind			
1700						body&mind	
1730	hot flow		flow		yin		
1800		flow&yin		hot flow			
1845	yin		yoga nidra				
1915		flow		yin			

Timetable is subject to change. Please always refer to website for current version.

\*Tuesday 4.30pm is a community class (gold coin donation) led by a different, newly qualified teacher each month.

YOGA | MEDITATION | COMMUNITY