

2019 CLASS TIMETABLE*							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am	Specialised Group Program PETRIE	Specialised Group Program PETRIE	SLOW & GENTLE YOGA (75 min)	Private Appointments 8.30am – 7pm	Specialised Group Program PETRIE	Private Appointments available every 2 <sup>nd</sup> week	Private Appointments available once a month
4pm	Kids Yoga 5 – 11 years (60 min)		Kids Yoga 5 – 11 years (60 min)		Private Appointments 10am – 7pm		
6pm	GENERAL YOGA (75 min)	Semi Private Yoga PETRIE	GENERAL YOGA (75 min)	Semi Private Yoga PETRIE		Workshops & Seminars	Workshops & Seminars
		GUIDED MEDITATION (60 min) With Hanna					
7.30pm	RESTORATIVE YOGA (60 min)		YOGA NIDRA (60min) with Hanna				

Some Classes held during school Term ONLY  
**BOOKINGS REQUIRED FOR ALL CLASSES PREFERRED**  
**CLASSES ONLY HELD WHEN MINIMUM (5) NUMBERS MEET**  
 \*Current as of 01/01/2019



	Pine Rivers Showgrounds 757 Gympie Rd, LAWNTON		Yoga Programs and Semi Private YOGA held at Old Petrie Town advertised on website and social media. Stay up to date by subscribing to the Mindful Community
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*Contact Deb for all bookings*

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For full list of class fees and [Terms & Conditions](#) of Class Packs visit the website

