



CLASS TIMETABLE



All classes offer Energy Sound Healing



All classes arrange for small groups, high quality and friendly environment

Please call **0449631479** for pre-booking before you attend

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|--|--|--|
| 6.30 – 8.00.am Yoga (breath work & slow movements) All levels | | 7.30- 9.00 am Qigong & Healing energy | 7.30- 9.00am Yoga stretch and renew All levels | 6.30- .800 am Qigong for healing hands All levels | 7.30- 9.30 am Yoga all levels | 9.30- 11.am Qigong for joint movements All levels |
| 9.30- 11.am Incorporated Qigong & Yoga All levels | | | 9.30- 11.am Qigong for organ healing All levels | 9.30- 11.am Yoga Beginners | | |
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| 6.00- 7.30pm Five Elements Qigong All levels | 6.00- 7.30.pm Meditation, restorative movements, sound healing & medicine tea | | 6.00- 7.30.pm Medical Qigong All levels | 6.00- 7.30.pm Incorporated Qigong & Yoga All levels | | 6.00- 7.30pm Introduce to Meditation & Sound healing for new beginner (donation) |