

# YOGA



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## JOURNEY INTO YOGA

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### **Current Timetable**

Vinyasa Flow Yoga

Monday & Wednesday Evenings 6pm - 7pm

Wednesday & Saturday Mornings 9am - 10am

Dynamic Vinyasa Flow – Thursday Evenings 6pm

Venue: Exmouth Tennis Club

Contact Kylie: 0408 912 536

Mats and props provided Fee: \$15

