

Kundalini House

YOGA TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
6:30 - 7:30 Hatha Yoga Erika	6:30 - 7:30 Kundalini Yoga Lucinda	6:30 - 7:30 Hatha Yoga Rhonda	6:30 - 7:45 Kundalini Yoga Dharamjot	6:30 - 7:30 Hatha Yoga Melisa		
8:00 - 9:00 Integrative Qi Gong Joanna				8:00 - 9:00 Integrative Qi Gong Rachel	7:15 - 8:30 Hatha Yoga Rhonda	8:00 - 9:15 Kundalini Yoga Kiran Jot
9:30 - 10:45 Yin Yoga Joanna	9:30 - 10:45 Kundalini Yoga Billie	9:30 - 10:45 Hatha Flow Yoga Georgia		9:30 - 10:45 Kundalini Yoga Philosophy & Practice Namo Dev	9:00 - 10:15 Kundalini Yoga Philosophy & Practice Namo Dev	9:30 - 10:45 Hatha Flow Yoga Sun
11:00 - 12:15 Prenatal Yoga Sue			11:00 - 12:15 Prenatal Yoga Melisa		10:45 - 12:15 Prenatal Yoga Sue	
12:30 - 1:30 Hatha Slow Flow Yoga Erika	2:00 - 3:00 Mums & Bubs Yoga (course) Melisa		12:30 - 1:30 Embodied Meditation Rachel			
	5:00 - 6:00 Kundalini Yoga * Jill				4:30 - 5:45 Hatha Flow Yoga Georgia	5:00 - 6:15 Kundalini Yoga Onkartej
5:00 - 6:15 Somatic Yoga Gav	6:15 - 7:30 Hatha Flow Yoga Melissa	6:15 - 7:30 Kundalini Yoga Joanna	6:30 - 7:45 Hatha Flow Yoga Erika	6:00 - 7:00 Kundalini Yoga * Ania		6:45 - 7:45 Hatha Yoga Shuddha
6:30 - 7:45 Kundalini Yoga Nancy	8:00 - 9:00 Kundalini Meditation Billie	8:00 - 9:00 Restorative Yoga Nidra Rachel	8:00 - 9:00 Yin Yoga Erika			

*Community Class - \$10 Virtual & \$5 for the Friday In Person Class

COURSES TO LOOK OUT FOR

The Deeper Sleep
10 Week Program
Begins Oct 4

Building Resilience 10
Week Program
Begins Oct 5

ALL CLASSES ARE
AVAILABLE IN STUDIO
& VIRTUALLY



EVENTS TO LOOK OUT FOR

Kundalini Workshop
Series with Joanna

Sacred Rest with Rachel
Sept 12

Yin, Qi Gong & Sound
Bath Sessions