

Kundalini House

YOGA TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
6:30 - 7:30 Hatha Flow Yoga Shilpa	6:30 - 7:30 Kundalini Yoga Liz	6:30 - 7:30 Hatha Yoga Rhonda	6:30 - 7:45 Kundalini Yoga Dharamjot	6:30 - 7:30 Hatha Yoga Melisa	7:15 - 8:30 Hatha Yoga Rhonda	
8:00 - 9:00 Integrative Qi Gong Joanna				8:00 - 9:00 Integrative Qi Gong Rachel		8:00 - 9:15 Kundalini Yoga Dharamjot
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 Rhonda	9:30 - 10:45 Hatha Flow Yoga Whitney
11:00 - 12:15 Prenatal Yoga Silvia			11:00 - 12:15 Prenatal Yoga Melisa		10:45 - 12:15 Prenatal Yoga Melisa	
12:30 - 1:30 Visualisation Meditation Gav	2:00 - 3:00 Mums & Bubs Yoga (course) Melisa		12:30 - 1:30 Embodied Meditation Rachel	12:30 - 1:30* Kundalini Yoga Ania		
	5:00 - 6:00* Kundalini Yoga Jill ★				4:30 - 5:45 Hatha Flow Yoga Samantha	5:00 - 6:15 Kundalini Yoga Ania
6:30 - 7:45 Kundalini Yoga Nancy	6:30 - 7:45 Hatha Flow Yoga Sun	6:15 - 7:30 Kundalini Yoga Joanna	6:30 - 7:45 Hatha Flow Yoga Georgia			
	8:00 - 9:00 Kundalini Meditation Billie	8:00 - 9:00 Restorative Yoga Nidra Rachel	8:00 - 9:00 Yin Yoga Georgia			

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

★ Virtual Class Only

Covid Safe
Considerations
for In Studio Classes:

- QR Code Check in
- Masks required (not while exercising)
- Proof of vaccination certificate needed (one time only)

CLASSES ARE
AVAILABLE IN STUDIO
& VIRTUALLY



EVENTS
TO LOOK OUT FOR
Sacred Rest with Rachel
Feb 20
May 15
August 14

Yin, Qi Gong & Sound
Bath Sessions

February 2022