



# Ganges Yoga Studio

## GRAND RE-OPENING PARTY!

FRIDAY, SEPT 30 - SUNDAY, OCT 2

*~ All classes this weekend are drop-in and free! ~*

We shall be showcasing our classes all weekend and would love for you to join in, ask questions and perhaps even scope out the studio as a possible rental facility for your workshop, class or event!

### FRIDAY, SEPTEMBER 30

7.00 - 9.00pm	Improvisation Skills for Life	Simone Cazabon
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### SATURDAY, OCTOBER 1

7.30 - 8.15am	Meditation	Celeste Mallett Jason
8.30 - 8.45am	Welcome	Celeste Mallett Jason
9.00 - 9.45am	Flow Yoga	Howie Baral
10.00 - 10.45am	EveryBody Stretch	Catherine Bennett
11.00 - 11.45am	Hatha Yoga	Deb Cobon
12noon - 12.45pm	Chat 'n Chai	Everyone welcome
1.00 - 1.45pm	Rise & Shine Yoga	Hanna Munneke
2.00 - 2.45pm	Yoga with a Chair	Celeste Mallett Jason
3.00 - 3.45pm	Easy Does it Yoga	Lesley Grott
4.00 - 4.20pm	Chat 'n Chai	Everyone welcome
4.30 - 5.15pm	Kundalini Dance party	Annabelle King
7.00 - 9.00pm	Kirtan	Ananda/Adam et al

### SUNDAY, OCTOBER 2

7.30 - 8.15am	Breathwork	Carrie Anne
8.30 - 8.45am	Welcome	Celeste Mallett Jason
9.00 - 9.45am	Flow Yoga	Carrie Anne
10.00 - 10.45am	Melt/Pilates	Jerome Acosta
11.00 - 11.45am	Hatha Yoga	Tara Galpin
12noon - 12.45pm	Chat 'n Chai	Everyone welcome
1.00 - 1.45pm	Creative Vinyasa	Li Mei
2.00 - 2.45pm	Yoga Nidra	Carrie Anne/Celeste
3.00 - 3.45pm	Fun Flowy Hatha Yoga	Annabelle King
4.00 - 4.45pm	Restorative Yoga	Celeste Mallett Jason
5.00 - 6.00pm	Closing Circle	Celeste & Teachers

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