

CENTENNIAL YOGA STUDIO

Est. 1998

24a Clovelly Rd, Randwick



02 9310 0202



www.centennialyoga.com.au

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am – 8:00am				General Annie		
8:30am – 10:00am						Experienced Annie
9:30am – 11:00am					General Kathryn	
10:30am – 12:00pm	Experienced Annie	Beginners Terri	Remedial Annie			Beginners Terri
4:00pm – 5:30pm						General Tracey
4:30pm – 6:00pm			Remedial Tracey			
6:30pm – 8:00pm	General Tracey	Experienced Annie	General Tracey	Beginners Kathryn		

- **Beginners:** Less than one year's practice
- **Experienced:** One year or more of Iyengar practice
- **General:** Classes tailored to suit all levels
- Please notify the teacher of any current medical conditions, or if you are menstruating
- No bookings needed...pay as you go
- \$20 per class (\$18 concession)
- Clothing – shorts, t-shirts, singlets, leggings (bare feet)
- Yoga should be done on an empty stomach
- We are closed on Public Holidays

BKS Iyengar Yoga – Certified Teachers
Annie Cocksedge – Tracey Stewart – Terri Love – Kathryn Clarke

Current as of March 17th, 2012