

# Community Yoga June 2023

## at The Headwaters Eco Lodge

Thursday	Morning	1/6/23	No yoga	
Friday	Evening	2/6/23	No yoga	
Saturday	Morning	3/6/23	Anna	
Sunday	Morning	4/6/23	Sierra	9 - 10 am
Monday	Morning	5/6/23	Sierra	
Tuesday	Morning	6/6/23	Sierra	
Wednesday	Morning	7/6/23	Anna	9 - 10 am
Wednesday	Evening	7/6/23	No yoga	
Thursday	Morning	8/6/23	Anna	
Friday	Evening	9/6/23	Anna	Flow - 5.30 pm
Saturday	Morning	10/6/23	Anna	
Sunday	Morning	11/6/23	Kate	9 - 10 am
Monday	Morning	12/6/23	Anna	
Tuesday	Morning	13/6/23	No yoga	
Wednesday	Morning	14/6/23	Kate	9 - 10 am
Wednesday	Evening	14/6/23	Sierra	Yin 7 - 8 pm
Thursday	Morning	15/6/23	Anna	
Friday	Evening	16/6/23	Kate	Flow - 5.30 pm
Saturday	Morning	17/6/23	Deni	
Sunday	Morning	18/6/23	Sierra	9 - 10 am
Monday	Morning	19/6/23	TBC	
Tuesday	Morning	20/6/23	No yoga	
Wednesday	Morning	21/6/23	TBC	9 - 10 am
Wednesday	Evening	21/6/23	Sierra	Yin 7 - 8 pm
Thursday	Morning	22/6/23	Kate	
Friday	Evening	23/6/23	Kate	Flow - 5.30 pm
Saturday	Morning	24/6/23	Deni	
Sunday	Morning	25/6/23	Sierra	9 - 10 am
Monday	Morning	26/6/23	No yoga	
Tuesday	Morning	27/6/23	No yoga	
Wednesday	Morning	28/6/23	TBC	9 - 10 am
Wednesday	Evening	28/6/23	Kate	Yin 7 - 8 pm
Thursday	Morning	29/6/23	TBC	
Friday	Evening	30/6/23	No yoga	

Morning class 7.30 – 8.30 am

Wednesday and Sunday morning 9.00 – 10.00 am

Evening class 7.00 – 8.00 pm

Friday 5.30 – 6.30 pm



Drop-In Session \$15 | Locals Rate \$12