



Online Yoga Class Timetable

Tuesday	7:30pm - 9:00pm	Yoga & Meditation Class
Wednesday	5:45pm - 7:15pm	General Yoga Class
Friday	7:00am - 7:30am	Healing Mantra class
Sunday	7:30pm - 8:00pm	Yoga Nidra Class

Classes live online via Zoom
Recordings available after class

See www.yogaelements.com.au for further details