



BALANCE YOGA SYDNEY

mind body therapies

North Strathfield Timetable

Start your wellness journey today.

Upcoming Courses and Events:

Meditation Course

Mums and Bubs Course

Beginners Foundation
of Yoga Course

Govinda Valley Yoga Retreat
5th – 8th April










Yoga for Anxiety Course

Teacher Training – Level 1, Level 2,
Restorative and Pre & Postnatal

COURSES RUN EVERY 6 WEEKS



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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|--|---|---|
| | 6:30am Open Yoga  | | 6:30am Open Yoga  | | 7:30am Open Yoga*  | |
| 10:00am Open Yoga  | 10:00am Open Yoga  | 10:00am Open Yoga  | | | 9:00am Prenatal Yoga  | 9:00am Open Yoga**  |
| | 11:00am ☉ Mums and Bubs  | | 10:00am Open Yoga  | 10:00am Open Yoga  | 9:00am Open Yoga (Mandarin)  | 11:00am Beginners Yoga  |
| 5:30pm Open Yoga  | | 5:30pm Open Yoga  | | | 10:15am Open Yoga**  | |
| 7:00pm Open Yoga  | 6:00pm Prenatal Yoga  | 6:45pm Beginners Yoga*  | 6:00pm Prenatal Yoga  | | | 5:00pm Open Yoga  |
| | 7:00pm ☉ Beginners Yoga (Foundation)  | 7:00pm ☉ Yoga for Anxiety  | 7:15pm Open Yoga**  | | 4:00pm Yoga Donation  | |
| 7:15pm Open Yoga (Mandarin)  | 7:15pm Open Yoga**  | | 8:00pm Restorative Yoga  | | | |
| 8:00pm Yin Yoga  | 8:00pm Women's Yoga  | | | | | |

Timetable current as at the 14th of January 2019. All classes are 1 hour unless specified - *1 hour 15 min class **1 hour 30 min class.
All course classes marked with ☉. Donations are made to CaraCare helping children in trauma.