

ORANA - YOGA & MEDITATION TIMETABLE – 2024

Casual = \$25 5 Classes = \$115 10 Classes = \$200

Monday	Tuesday	Wednesday	Thursday	Friday
			8.30 – 10am Dru Yoga Cindy	
	10 -11:30am Dru Yoga Cindy	10:30 – 12pm Meditation Margot Booked out		10 – 11.30am Balance, Recharge & Relax Yoga Rachel
			1 - 2pm Chair Yoga Rachel	
	4 - 5pm Tai Chi Carol	4-5.30pm Girls 8-12 years Program Angela		
5:30 – 7pm Dru Yoga Zoe	5:30 – 7pm Dru Yoga Cindy	6:00 – 7.30pm Dru Yoga Rachel	5:30 – 7pm Dru Yoga Zoe	

Teacher's contact details

Cindy	0407 789 529
Margot	0400 723 476
Zoe	0418 294 763
Rachel	0427 310 628
Carol	0413 456 088
Angela	0409 218 329
Teacher's contact details	

SOME KIND REMINDERS:

- Please contact the teacher to book.
- Depending on the class, pricing may vary.
- Be COVID safe.
- BYO water bottle & wear comfortable clothing.
- Arrive 10 minutes before class begins to allow time for checking-in.

Orana welcomes you to a space that will nurture your wellbeing with all that it has to offer.

We are a family business that focuses on the health and wellbeing of everyone of all ages and genders who enters its doors.

YOGA LINEAGE: The yoga lineage at Orana is mainly Dru and so the centre promotes and provides a 'Home' for Dru Yoga and Meditation. This style is based on gentle flowing movements, directed breathing and is deeply relaxing. Dru works on the body, mind, and spirit to rejuvenate your whole being and is for people of all ages, all abilities and fitness levels.

DRU Yoga Mission Statement:

"Transform the world by giving people the tools to transform themselves"

PLEASE CONTACT THE CLASS TEACHER TO BOOK YOUR SPOTS