



Yoga classes with KATE PELL

Kangaroo Valley YOGA STUDIO

535B Jacks Corner Road. Approx 9kms down Bendeela Rd

Timetable valid: April 2nd - July 8th 2024

Tuesdays: **Beginners 8.30 - 9.30am**
Move & Meditate 10 - 11.30am

Thursdays: **FLOW class 7.30 - 8.30am**
General class 10 - 11.30am

Sundays: **General class 9 - 10.30am**

STUDIO INFORMATION:

- Classes are done in bare feet and it is best to wear comfortable stretchy clothing.
- Students are always encouraged to work within their own limits.
- It is best NOT to eat heavier foods at least one hour before class.
- Feel free to BOOK by texting Kate & happy for any questions.
- The studio is fully equipped with mats, chairs, blankets, belts and blocks
- PLEASE stay home if you are feeling unwell with cough or cold etc.
- Doors open 15mins before class. Classes start on time so if late please enter quietly.
- For more info www.katepellyoga.com Mob: 0432 598 582

CLASS COSTS:

- ❖ 1½ hour class \$25 Conc \$20.
- ❖ 1hr class \$20 Conc \$18
- ❖ Zoom \$22/1.5 hr. \$20/1h
- ❖ By donation if times are tough