



BUDERIM YOGA CLASSES 2016

with Lyn Moes

Classes are held at
Buderim Girl Guides Hall
111 Burnett Street, Buderim

Hatha Yoga Classes:

There are 4 terms per year and
4 classes per week to choose from.

Casual Drop in Fee = **\$18**

Term Fees are Available. **Everyone is Welcome**

Meditation Classes:

There are 4 terms of Meditation Classes per year.

When you enrol, it is for the 11 week Term. Bookings are essential for Meditation Classes. There is a **FREE** Meditation Class each term for you to try it out.

For further information and bookings please
phone **Lyn Moes (07) 54453315**.

There is plenty of information about classes and testimonials on
the Buderim Yoga website

www.buderimyoga.com

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HATHA YOGA CLASS: Term 1 is 11 weeks Term Fee \$165.00

Monday 6pm to 7.30pm 11th January to 21st March
Tuesday 9.30am to 11am 12th January to 22nd March
Thursday 9.30am to 11am 14th January to 24th March

MEDITATION CLASS: Term 1 is 11 weeks Term Fee \$200.00

Monday 7.40pm to 8.40pm 11th January **FREE CLASS**
Monday 7.40pm to 8.40pm 18th January to 21st March

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HATHA YOGA CLASS: Term 2 is 11 weeks Term Fee \$165.00

Monday 6pm to 7.30pm 11th April to 20th June
Tuesday 9.30am to 11am 12th April to 21st June
Thursday 9.30am to 11am 14th April to 23rd June
Thursday 6pm to 7.30pm 14th April to 23rd June

MEDITATION CLASS: Term 2 is 11 weeks Term Fee \$200.00

Monday 7.40pm to 8.40pm 11th April **FREE CLASS**
Monday 7.40pm to 8.40pm 18th April to 20th June

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HATHA YOGA CLASS: Term 3 is 11 weeks Term Fee \$165.00

Monday 6pm to 7.30pm 11th July to 19th September
Tuesday 9.30am to 11am 12th July to 20th September
Thursday 9.30am to 11am 14th July to 22nd September
Thursday 6pm to 7.30pm 14th July to 22nd September

MEDITATION CLASS: Term 3 is 11 weeks Term Fee \$200.00

Monday 7.40pm to 8.40pm 11th July **FREE CLASS**
Monday 7.40pm to 8.40pm 18th July to 19th September

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HATHA YOGA CLASS: Term 4 is 11 weeks Term Fee \$165.00

Monday 6pm to 7.30pm 3rd October to 12th December
Tuesday 9.30am to 11am 4th October to 13th December
Thursday 9.30am to 11am 6th October to 15th December
Thursday 6pm to 7.30pm 6th October to 15th December

MEDITATION CLASSES Term 4 is 11 weeks Term Fee \$200.00

Monday 7.40pm to 8.40pm 3rd October **FREE CLASS**
Monday 7.40pm to 8.40pm 10th October to 12th December