

# TERM 4 2020

## SLOW FLOW

Wednesdays  
October 7th to December 16th  
6pm to 7pm

**CHAIR YOGA** (alternating with  
Natalie Sandon Stanhope (NSS)  
Saturdays (Fortnightly)

9am to 10am  
October 10th (NSS), 24th (IH)  
November 7th (NSS), 21st (IH)  
December 5th (NSS), 19th (IH)

## MEDITATION

Sundays (Monthly)  
4.30 pm to 5pm  
October 20th  
November 22nd  
December 20th

## YIN

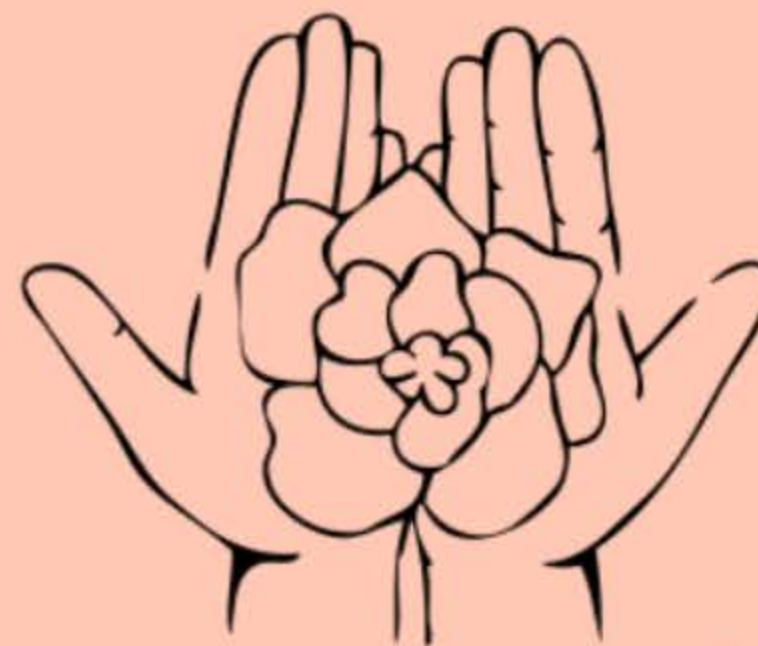
Sundays (Monthly)  
5.15pm - 6.15pm  
October 20th  
November 22nd  
December 20th

## YOGA for Beginners

(At the Bendigo Deaf Hub)  
Tuesdays  
5pm to 6pm  
October 13th to November 17th

## YOGA ONE DAY RETREAT

Save the date  
Saturday 28th November  
Venue to be confirmed



# Australian Soullyoga classes



For more information or book  
a class or term pass, contact via  
email [ireneholub@gmail.com](mailto:ireneholub@gmail.com) or  
sms 0409610044

Namaste x

All classes are online except for  
Bendigo classes and Yoga Retreat