



## TIME TABLE

### MONDAY

9.30 am Yin/Yang Yoga  
7 pm General Yoga

### TUESDAY

9.30 am General Yoga  
7 pm General Yoga

### WEDNESDAY

11 am Yin Yoga  
7 pm General Yoga

### THURSDAY

9.30 am General Yoga  
7 pm General Yoga

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40 Woolston Drive,  
Frankston South 3199

[theartofbalance.com.au](http://theartofbalance.com.au)

### FRIDAY

9.30 am General Yoga  
6 - 8 pm Masterclass\*

### SATURDAY

8.30 am Dynamic Yoga  
1.15 pm Yoga & Meditation Half  
Day Urban Retreat\*

### SUNDAY

10 am Sound Meditation\*  
10 am Meditation Workshop\*

\*Please check website for dates

## CLASSES

### GROUP YOGA CLASSES

General Yoga (90 min) \$20  
Yin/Yang Yoga (75 min) \$20  
Yin Yoga (75 min) \$20  
Dynamic Yoga (75 min) \$20  
10-class yoga pass \$180

### PRIVATE YOGA THERAPY

Individual / corporate / schools  
60 min from \$95

### MASTER CLASS

2 hrs \$30

### SOUND MEDITATION

60 min \$25

### MEDITATION WORKSHOP

90 min \$20 or class pass

### YOGA & MEDITATION HALF DAY URBAN RETREAT

4 hrs \$85

### REFLEXOLOGY

60 min \$95 / 90 min \$130

### MASSAGE

60 min \$95 / 90 min \$130

### HAHNEMANN HEALING

60 min \$95