

MULTIPASS PACKAGES

Unlimited monthly
yoga & meditation **\$160**

10-class yoga &
meditation pass **\$180**

*Group only, excludes Masterclasses
(no expiry date)*



0424 620 539

40 Woolston Drive,
Frankston South 3199

theartofbalance.com.au

TIMETABLE

MON	9.30 - 10.45am	Yin/Yang Yoga
	7.00 - 8.30pm	General Yoga
TUES	9.30 - 11.00am	General Yoga
	7.00 - 8.30pm	General Yoga
WED	11.00 - 12.15pm	Yin Yoga
	5.30 - 6.30pm	Dynamic Yoga
	7.00 - 8.30pm	General Yoga
THUR	9.30 - 11.00am	General Yoga
	11.15 - 12.15pm	Meditation Class**
	7.00 - 8.30pm	General Yoga
F	9.30 - 11.00am	General Yoga
SAT	8.30 - 10.00am	Dynamic Yoga
	1.00 - 5.00pm	Yoga & Meditation Urban Retreat*
SUN	10.00 - 11.30am	Meditation Workshop*
	(various times)	Sound Meditation*

**Please check website for dates and/or times. **First Thursday of each month*

CLASSES & TREATMENTS

GROUP YOGA

General Yoga	(90min)	\$25
Yin/Yang Yoga	(75min)	\$25
Yin Yoga	(75min)	\$25
Dynamic Yoga	(60min / 90min)	\$25

PRIVATE YOGA INDIVIDUAL / GROUPS

Yoga Therapy	(60min)	\$95+
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MEDITATION & SOUND

Yin & Sound Masterclass	(120min)	\$40
Meditation Workshop	(90min)	\$25
Meditation Class	(60min)	\$25
Sound Meditation	(60mins)	\$30

URBAN RETREATS

Yoga & Meditation	(240min)	\$95
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HEALING

Reflexology	60min \$95 / 90min \$130
Massage	60min \$95 / 90min \$130
Hahnemann	60min \$95