



Yoga Space @ 54

Term 1 2025

Classes start 28th Jan

Booking and Contact Information

(Each teacher sets and collects their own class fees).



Carolyn 0408407983



Suzy 0488 956619



Susan 0407 139684



Polly & Vera
 Hervey Bay School of Yoga
 5 week terms starting January 28
 Book online:
www.herveybayyoga.com.au

What is Practice? It's **YOUR YOGA TIME**



- Take the time for yourself - no interruptions from the kids, cat or dog! Just \$10 prepaid.
- All the equipment you need at your finger tips - mats, cushions, chairs, blankets, blocks, belts, bolsters etc.
- Beautiful calm space, always the perfect temperature.
- Practise your favourite poses and work on the tricky ones.
- To book text Susan 0407 139684

Day	Time	Instructor	Level	Attendance
Mon	6 - 7.30 PM	Carolyn	General	Casual drop in
Tues	6 - 7.30 AM	Practice	Existing students	Text Susan
Tues	9.30 - 11 AM	Vera	50+ All levels	Book online
Tues	5.30 - 6.45 PM	Susan	Into to Yoga	Casual drop in
Wed	6 - 7.30 AM	Practice	Existing students	Text Susan
Wed	5.30 - 7 PM	Polly	Intro/Beginner	Book online
Thur	6 - 7.30 AM	Polly	General	Book online
Thur	9.30 - 11 AM	Polly	General	Book online
Thur	5.30 - 6.30 PM	Suzy	General	Casual drop in
Sat	6 - 7.30 AM	Practice	General	Text Susan
Sat	8 - 9.30 AM	Carolyn	Beginner	Casual drop in

Space for hire - Fully equipped yoga studio - Contact Susan 0407139684
 Existing students are encouraged to request additional practice times to suit.