

ORANA - YOGA & MEDITATION TIMETABLE

Casual=\$22

5 Classes=\$100

10 Classes=\$180

Monday	Tuesday	Wednesday	Thursday	Friday
			8.30 – 10am	
			Dru Yoga Cindy	
	10-11:30am	10:30 – 12pm		10 – 11.30
	Dru Yoga Cindy	Yoga & Meditation Margot		Thyroid Balancing class Rachel
			10:30 – 12pm	
			Dru Yoga Rachel	
			1-2pm	
			Chair Yoga Rachel	
5:30 – 7pm	5:30 – 7pm			
Dru Yoga Zoe	Dru Yoga Cindy			
	7.15 – 8.15pm	6:00 – 7.30pm	5:30 – 7pm	6 – 7pm fortnightly
	Stretch & Relax Paula	Dru Yoga Rachel	Dru Yoga Zoe	Sound Healing Meditation, Ashley

PLEASE CONTACT THE CLASS TEACHER TO BOOK YOUR SPOTS

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Teacher's contact details

Cindy	0407 789 529
Margot	0400 723 476
Zoe	0418 294 763
Rachel	0427 310 628
Paula	0439 041 888
Ashley	0492 845983

SOME KIND REMINDERS:

- Please contact the teacher to book.
- Be COVID safe.
- BYO water bottle & wear comfortable clothing.
- Arrive 10 minutes before class begins to allow time for checking-in.
- Inform the teacher, via text, when unable to attend.

Orana welcomes you to a space that will nurture your wellbeing with all that it has to offer.

We are a family business that focuses on the health and wellbeing of everyone of all ages and genders who enters its doors.

YOGA LINEAGE: The yoga lineage at Orana is mainly Dru and so the centre promotes and provides a 'Home' for Dru Yoga and Meditation. This style is based on gentle flowing movements, directed breathing and is deeply relaxing. Dru works on the body, mind and spirit to rejuvenate your whole being and is for people of all ages, all abilities and fitness levels.

DRU Yoga Mission Statement:

"Transform the world by giving people the tools to transform themselves"

PLEASE CONTACT THE CLASS TEACHER TO BOOK YOUR SPOTS