

IYENGAR YOGA

with *Paula Casciola* ~ Inspire Growth Within ~

Term 3 2020



Monday <i>Commencing Jul 27</i>	7.00-8.15am	<i>Open Level</i>	Online Zoom
Tuesday <i>Commencing Jul 28</i>	10.00-11.30am	<i>Experienced/Open Level</i>	Online Zoom
Tuesday <i>Commencing Jul 28</i>	5.15-7.00pm	<i>Experienced/Open Level</i>	Bega Mumbulla School 37 Bega St. Bega and Online Zoom
Thursday <i>Commencing Jul 30</i>	11.00-12.30pm	<i>Open Level</i>	Bega Tennis Club Carp St. Bega and Online Zoom
Emotional Healing Available by Appointment on Monday, Wednesday and Fridays			
Dates above exclude Thurs Aug 20 and 27, Sept 3 and 10, Tuesday Aug 25 and Sept 8.			
Please bring your own props to class.			
Face-to-face classes subject to change due to Covid-19.			
Please call me before 6pm on the day prior to the class to make your Zoom booking.			

Further information & enquiries for Term 3, 2020, please call *Certified Iyengar Yoga Teacher* 

Paula 0458 271 168

Facebook: Iyengar Yoga with Paula Casciola