

Dec '25 & Jan '26 HOLIDAY TIMETABLE



1/18 Rawlins St, Southport

MON	TUES	WED	THUR	FRI	SAT
24 Dec - 11 January; Vacation. No classes at Southport.					
12 9:30 am Breathe for Health (CD) 10:30 am Yoga stretch and relax (Sonja) 11:30 am Relaxation and meditation (Sonja) 5:30 pm Yoga stretch and tone. (Sonja)	13 10:30am. Yoga stretch and relax (Sonja) 11:30am. Yoga Nidra (CD) 5:30pm. Yoga stretch and relax (Sonja)	14 9:15am Yoga stretch and relax (Sonja) 5:30pm. Yoga Stretch and relax (Sonja)	15 10:30am. Yoga stretch and relax (Sonja) 11:30am. Yoga Nidra (Shantiji on Samadhi CD) 5:30pm. Yoga Stretch and relax (Sonja)	16 9:15 am Yoga Stretch and relax (Cheryl)	17 10:15 am Yoga Stretch and relax (Teacher TBA)
19 9:30 am Breathe for Health - (Shanti on CD) 10:30 am Yoga stretch and relax (Sonja) 11:30 am Relaxation and meditation 5:30 pm Yoga stretch and tone. (Sonja)	20 10:30am. Yoga stretch and relax (Sonja) 11:30am. Yoga Nidra (Shantiji on Samadhi CD) 5:30pm. Yoga Stretch and relax (Sonja)	21 9:15am Yoga stretch and relax (Sonja) 5:30pm. Yoga Stretch and relax (Sonja)	22 10:30am. Yoga stretch and relax (Sonja) 11:30am. Yoga Nidra (Shantiji on Samadhi CD) 5:30pm. Yoga Stretch and relax (Sonja)	23 9:15 am Yoga Stretch and relax (Cheryl)	24 10:15 am Yoga Stretch and relax (Teacher TBA)
26 public holiday, no classes	27 regular times resume: 10:30am Yoga Peace and Healing (Shanti) 10:30am 2h 45' TRANQUIL TUESDAYS (Shanti) 12:30pm Sacred Rest Yoga Nidra (Shanti) 5:30pm Yoga Stretch and Relax - with Sonja	28 5:30pm Yoga Stretch and Relax - with Sonja	29 10.30am Meditation, Pranayama and Chanting 1030am 2h 45' TRANSFORMATIONAL THURSDAY (Shanti) 1130am Yoga w Shanti 1215pm Yoga Relaxation and Meditation Shanti 530pm Yoga Stretch and Relax	30 9:15 am Yoga Stretch and relax (Cheryl)	31 10:15 am Yoga Stretch and relax (Teacher TBA)