

KALARI HEALING CENTRE TIMETABLE

MONDAY

10.00-12.00noon Creative arts therapy class with Meike
6.30-7.30pm Kundalini Yoga with Ruth

TUESDAY

6.30am Morning Meditation with Peter
4.30-5.30pm Yoga for children and teenages
with Belinda
5.30-6.30pm General Yoga with Belinda
7.00-8.30pm Somachi Yoga with Kirran

WEDNESDAY

8.00-8.00am Uktakatanga Yoga with Dennis
7.00-8.30pm General Yoga with Caz

THURSDAY

6.00-7.15pm General Yoga with Trish
8.00-9.30pm Meditation with music and movement
with Christina

FRIDAY

7.00-8.30pm Mantra - The Yoga of Sound
with Chaitanya

SATURDAY

6.30am Indian Martial Arts (Kalaripayattu)
8.30-10.00am Beginner Yoga with Caz

BOOKINGS ESSENTIAL WITH INDIVIDUAL TEACHERS TO CONFIRM ATTENDANCE

Belinda	Enq./Bookings	0418 566 950
Meike	Enq./Bookings	0400 638 626
Caz	Enq./Bookings	0438 077 293
Peter	Enq./Bookings	0427 571 323
Luisa	Enq./Bookings	0413 447 486
Ruth	Enq./Bookings	0403 220 391
Denis	Enq./Bookings	0439 350 035
Kirran	Enq./Bookings	0405 510 389
Chaitanya	Enq./Bookings	0423 599 276
Trish	Enq./Bookings	0425 720 049

Hours: Mon-Fri 9am-6pm. Sat 9am-2pm



Kalari Healing Centre
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