

# Kalari Healing Centre

302 Highett Rd, Highett VIC 3190  
Ph: 9553 7053 | [www.kalariayurveda.com.au](http://www.kalariayurveda.com.au)

- HEALING MASSAGE ■ YOGA ■ MEDITATION
- ART THERAPY ■ AYURVEDIC CONSULTATIONS
- AYURVEDIC FOOT MASSAGE ■ TAROT ■ REIKI
- HEALING TOUCH ■ COUNSELLING

## Classes Timetable

### CLASSES TIME TABLE

DAY	TIME	TYPE OF CLASS	CONTACT
<b>MON</b>	10.00 - 12.00pm	Creative Arts Therapy Group with Meike	0400 638 626
	6.30pm - 7.30pm	Kundalini Yoga with Phaedra	0487 754 985
<b>TUE</b>	6.30pm - 7.30pm	Men's Circle with Maurice	0408 953 352
	7.00pm - 8.30pm	Classical Yoga with Nandini	0424 970 898
<b>WED</b>	6.45am - 8.00am	Hatha Yoga with Juan	0439 019 900
	6.30pm - 7.30pm	Hatha Yoga with Belinda	0418 566 950
<b>THU</b>	2.30pm - 3.30pm	Kalari Martial Art with Peter	0427 571 323
	7.00pm - 9.00pm	Women's Circle with Meike	0400 638 626
	7.00pm - 9.00pm	Tarot course with Luisa	0413 447 486
<b>FRI</b>	4.30pm - 5.30pm	Children's meditation with Luisa	0413 447 486

**Bookings essential with individual teachers  
to confirm attendance. Class sizes are limited**

**Hrs: Mon - Fri 9am - 6pm, Sat 9am - 2pm**