

**Yoga, Pilates
Meditation &
Massage**
on North Gold Coast

**Healing
& deep tissue
mobile
massage**

Monday	09.30 - 10.30am 05.30 - 06.30pm 06.30 - 07.30pm	Yoga Flow (Coomera) Pilates (balls / bands) (Helensvale) Yoga (Helensvale)
Tuesday	09.30 - 10.30am 10.30 - 11.30am 05.30 - 06.30pm 06.30 - 07.30pm	Pilates (balls / bands) (Coomera) Yin Meditation / Beginners (Coomera) Yoga flow (Helensvale) Yin Meditation / Beginners (Helensvale)
Wednesday	09.30 - 10.30am 06.30 - 07.30pm	Yoga (Coomera) Yoga (Coomera)
Thursday	09.30 - 10.30am 10.30 - 11.30am 06.30 - 07.30pm 07.30 - 08.15pm	Pilates (balls / bands) (Coomera) Yin Meditation / Beginners (Coomera) Yoga / Pilates (Helensvale) Meditation (Helensvale)
Friday	09.30 - 10.30am	Yoga Flow (Coomera)
Saturday	07.00 - 08.00am 09.00 - 10.00am 10.30 - 12.00pm	Yoga / Pilates (Helensvale) Yoga (Coomera) Monthly themed workshops (Coomera)

***Classes subject to change*

BOOK ONLINE FOR ALL CLASSES

Some health fund rebates available

Registered with Yoga Australia

Jodie: 0413 589 347
jodie@kevalayoga.com.au

Beginners Welcome

**Monthly
Saturday
Workshops**

WWW.KEVALAYOGA.COM.AU