



January 2020 Oki-Do schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year	2	3	4
5	6	7	8	9	10	11
12	13 Yoga Caulfield	14 Yoga CNLC	15	16	17	18 Yoga Caulfield LT
19 Yoga&worksho p CNLC	20 Yoga Caulfield	21 Yoga CNLC MI	22	23	24 MI	25 Cooking class party
26Australia Day Tea ceremony	27Australia Day workshop	28 MI	29	30	31 MI	

Workshop Sun1-3:30pm19Jan \$60 & Mon 9:30-12pm \$60 AIM: ENJOY THE RICHNESS OF 2020[connect body, mind& spirit]

Cooking Class: Sat 10:30-12:30pm25Jan \$60 Japanese simple food for a busy person // Oki-Do party 1-3pm welcome all

Morning Intensive[CNLC] 3W 21 Jan aim: basic Oki-Do Yoga // **Tea ceremony** Sun 26Jan 9-10am \$30 celebration

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