

Early Morning Intensives

August 2018

St. Kilda Dojo – 20a Neptune St.

2 days per week – Wednesday, Thursday

1 week trial (2 days) \$30

<i>Start Date</i>	<i>Weeks</i>	<i>Times</i>	<i>Focus</i>	<i>Cost</i>
8 th August	4	6:05 – 7:15am	Wk 1-2 Asana with shiatsu Wk 3-4 Dozen	\$120

CNLC* – 20 Princes St., Carlton North

(2 days per week – Tuesday, Friday)

1 week trial (2 days) \$40

<i>Start Date</i>	<i>Weeks</i>	<i>Times</i>	<i>Focus</i>	<i>Cost</i>
21 st August	4	6:15 – 7:45am	Wk 1-2 Asana with shiatsu Wk 3-4 Dozen	\$160

* (Enter via side entrance, Bring mat & hand towel, min. 4 students req. to run)