



POWER  LIVING

MIANLY
STUDIO
opening
early 2010

YO
GA
for the
modern
lifestyle.



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YO
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**MANLY
STUDIO**
opening
early 2010

POWER LIVING @ MANLY TIMETABLE

	mon	tues	wed	thurs	fri	sat	sun
6.15am	Power Yoga All Levels 75min	Power Yoga All Levels 60min	Power Yoga All Levels 75min	Power Yoga All Levels 60min	Power Yoga All Levels 75min		
7.15/7.30am	Meditation Optional 15min	Meditation Optional 15min	Meditation Optional 15min	Meditation Optional 15min	Meditation Optional 15min		
7.30am						Power Yoga All Levels 90min	Power Yoga All Levels 90min
9.30am	Power Yoga Basics 75min		Power Yoga Basics 75min			Power Yoga Basics 75min	Power Yoga Basics 75min
11.00am	Pre Natal Yoga 50min						
12.15pm	Power Yoga All Levels 60min	Power Yoga All Levels 60min	Power Yoga All Levels 60min	Power Yoga All Levels 60min	Power Yoga All Levels 60min		
3.00pm						Power Yoga Groove 120min	Power Yoga Groove 90min
4.15pm	Power Yoga All Levels 60min		Power Yoga All Levels 60min		Power Yoga All Levels 60min		
5.45pm	Power Yoga All Levels 90min	Power Yoga All Levels 90min	Power Yoga All Levels 90min	Power Yoga All Levels 90min	Power Yoga Groove 90min		
5.45pm Studio 2			Power Yoga Gentle Flow 60min				
7.30pm	Power Yoga All Levels 75min	Power Yoga Basics 75min	Power Yoga All Levels 75min	Power Yoga Basics 75min			

POWER LIVING @ NEUTRAL BAY TIMETABLE

	mon	tues	wed	thurs	fri	sat	sun
6.15am	Power Yoga All Levels 60min	Power Yoga All Levels 75min	Power Yoga All Levels 60min	Power Yoga All Levels 75min	Power Yoga All Levels 60min		
7.15/7.30am	Meditation Optional 15min	Meditation Optional 15min	Meditation Optional 15min	Meditation Optional 15min	Meditation Optional 15min		
8.00am						Power Yoga All Levels 90min	Power Yoga All Levels 90min
9.30am	Power Yoga Basics 75min	Power Yoga All Levels 75min	Power Yoga Basics 75min	Power Yoga All Levels 75min	Power Yoga Basics 75min		
10.00am						Power Yoga Basics 75min	Power Yoga Basics 75min
11.00am			Pre Natal Yoga 50min				
12.15pm	Power Yoga All Levels 60min	Power Yoga All Levels 60min	Power Yoga All Levels 60min	Power Yoga All Levels 60min	Power Yoga All Levels 60min		
4.00pm						Power Yoga All Levels 90min	Power Yoga Groove 120min
4.15pm	Power Yoga All Levels 60min	Power Yoga All Levels 60min	Power Yoga All Levels 60min	Power Yoga All Levels 60min	Power Yoga All Levels 60min		
6.00pm	Power Yoga All Levels 90min	Power Yoga All Levels 90min	Power Yoga All Levels 90min				
6.30pm				Power Yoga All Levels 90min	Power Yoga Groove 90min		
7.45pm	Power Yoga Basics 75min	Power Yoga Revive 60min	Power Yoga Basics 75min				
8.15pm				Power Yoga Revive 60min			

INTRODUCTORY OFFER

\$17 FOR 10 DAYS OF UNLIMITED YOGA CLASSES
CONDITIONS APPLY

All our classes can be modified to suit any level of fitness. Our rooms are heated to 30 degrees to aid in flexibility, joint mobility and detoxification. We encourage everyone to practice at their own pace and we cultivate a community free of competition and ego driven goals. Our teachers are trained to the highest standard and our studios are equipped with showers and changing facilities. Come and try our introductory offer and enjoy the experience of Power Living.

POWER LIVING AUSTRALIA p 02 9904 4874 info@powerliving.com.au

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