



## SEED TO FLOWER

HATHA YOGA CLASSES INCLUDES BREATHING, POSTURES AND RELAXATION. LEARN HOW TO BALANCE YOUR BODY WITH PURIFYING AND REJUVENATING TECHNIQUES. DROP YOUR STRESS LEVELS, SLEEP BETTER, FEEL MORE FLEXIBLE IN BODY AND MIND, ENJOY STRENGTHENING YOUR BODY AND LEARNING TO FOCUS YOUR THOUGHTS.

## YOGA STUDIO TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.30 TO 10.00AM	<b>René Intermediate</b>	<b>Nicki All Levels</b>	<b>René Beginners</b>	<b>Nicki All Levels</b>	<b>René All Levels</b>
10.30 TO 11.30AM					
10.30 TO 12.00PM		<b>René Restorative Yoga</b>			
6.00 TO 7.30PM	<b>René Beginners</b>				

**René Lambert** c. 076 815 6664  
**Nicki Stonestreet** c. 076 471 5764

**Sunbird Studio** 9 Sunbird Close, Kommetjie 7975  
📍 **Seed to Flower** for ongoing Workshops & Retreats