

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
9am	<b>Acu Kundalini</b> Brooklyn Rd, Carterton		<b>General Kundalini</b> Brooklyn Rd, Carterton		<b>General Kundalini</b> Gain Momentum, Carterton
9.30am					
10am					
10.30am			<b>Yoga for MS / CFS / Parkinsons / Auto-immune conditions</b>  Brooklyn Rd, Carterton		
11am	<b>Joints, Core &amp; Restore</b> St Johns Hall, Martinborough				<b>Perinatal Yoga</b> Brooklyn Rd, Carterton
11.30am					
12pm					
12.30pm					
1pm					
1.30pm					
2pm					
2.30pm					
3pm					
3.30pm					
4pm					
4.30pm					
5pm			Pls note 5.15pm – 6.15pm <b>General Kundalini</b> Gain Momentum, Carterton		
5.30pm	1st Monday of the month: <b>Move into Meditation</b> Brooklyn Rd, Carterton				
6pm					
6.30pm					
7pm	<b>Kundalini Nourish</b> Brooklyn Rd, Carterton		<b>Pussy Power</b> Brooklyn Rd, Carterton		
7.30pm					<b>General Kundalini</b> Featherston Community Centre
8pm					
8.30pm					