

**Longy Yoga Classes  
Term 4, 2024  
Function Room**



**Tuesday 7:15pm – 8:15pm**

Slow Flow Yoga & Sound Healing with Katie

15/10 - 03/12

[Katiebrownyoga.com](http://Katiebrownyoga.com) 0415 503 119

**Wednesday 6:30am – 7:20am**

Sunrise Yoga with Katie

16/10 - 04/12

[Katiebrownyoga.com](http://Katiebrownyoga.com) 0415 503 119

**Wednesday 6.45pm – 8.15pm**

Yin Yoga with Krystle

16/10 - 04/12 & 18/12

Krystle 0415 975 591