

Sarah's teacher, Karyn Grenfell, is coming to the Sunshine Coast!*

WHEN:

September 19th- 22nd 2019!**

WHAT:

Mysore 5.30- 7.30am Thursday - Saturday,
Led class 6.30- 8am, followed by Q&A on Sunday.

WHERE:

Thursday & Saturday, 7 Main St, Buderim, St Marks Church Hall
Friday & Sunday, 18 Lomond Cres, Caloundra West, Bellvista
Meeting Place

HOW MUCH:

\$160

HOW CAN I BOOK IN?

Payment is required to book, simply let Sarah know in class with correct change in an envelope with your name or via email: sarahlouisah@gmail.com with receipt of payment.

For more information about Karyn you can look at her website, www.ashtangayogamelbourne.com.au

*we need a minimum of 15 bookings (paid) before August to make this event a possibility, if we don't get enough bookings money will be re-funded, no re-funds will be given once the event is confirmed.

**please note that during this week regular classes will be cancelled for our Spring Break.