



Lifeforce Wellbeing

🌿 Yoga 🌿 Pilates 🌿 ChiBall 🌿 Meditation 🌿

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am			Wake Up Yoga		Wake Up Yoga	Beach Yoga
9am	SlowFlow Yoga		Wellbeing Yoga/Pilates		Wellbeing Yoga/Pilates	
10:30am		Beginner's Yoga		Wellbeing ChiBall		
5.30pm		Wellbeing Yin Yoga				
6pm			(Feature Class)	Wellbeing Core Yoga		
6.15pm						

 For daily updates and latest news visit: facebook.com/Lifeforce.Wellbeing/

\$20 casual class or \$170 for 10 class pass (4 month expiry)

\$29 per week UNLIMITED CLASSES (direct debit - minimum 6 months)

Yoga Retreats and Private Yoga/Pilates Sessions also available

The Square Dance Centre (small hall) 260 Dixon Road Buderim

To begin your Wellbeing Program contact:

Jules Allen - 0438 552 505

lfbwbyoga@gmail.com • www.lifeforcewellbeing.com

Introductory Offer - New Students Only

\$30 for 10 days - Unlimited Classes (present this flyer to redeem)



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